

Welcome to



Addiction & Recovery: Cultural Elements of Working with Hispanic, Latino/a, & Latinx/e Populations

Adicción y recuperación: Elementos culturales del trabajo con comunidades hispanas, latinas y latinx/e (Interpretación al español comenzará pronto)

THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...

 **Icebreaker Question**
(answer in the chat)

What are you feeling grateful for in your life today?



Survey & Certificate of Completion

Available following the training.

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VISIT [CALTRIN.ORG](https://www.caltrin.org) &
SCAN TO LEARN MORE



SPANISH INTERPRETATION AVAILABLE!

INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!

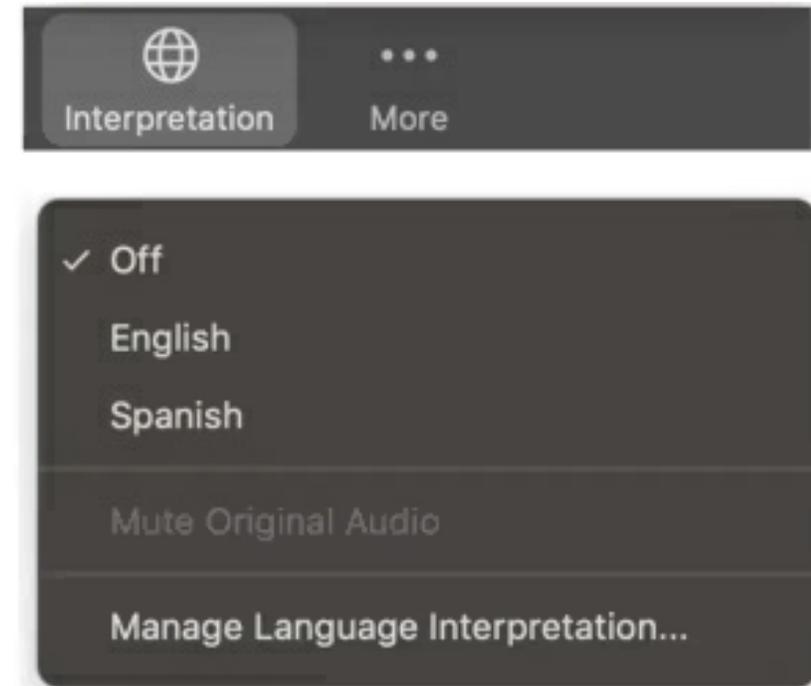
Today's session will be in both English and Spanish.

La conversación de hoy será en español y inglés

Click the "Interpretation" icon in your toolbar,

select "Spanish"

Seleccione el ícono "Interpretation" de las opciones debajo de su pantalla. Elige la opción "Spanish"



Hi, We're CalTrin!

Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to support child abuse prevention through professional development and extended learning opportunities.
- Designed for staff of family strengthening and child abuse prevention organizations in California, including Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child and family serving systems.

What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources



UPCOMING TRAININGS

mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops



December 3: Leading Through Change



December 17: Protective Factor of the Month: Social Connections



December 12: Building a Resilient and High-Performing Organizational Culture



December 18: Multidimensional Family Therapy: The Proven Family-Centered Treatment for Youth

Before We Begin...

BEFORE



Access the notetaking slides now! The link can be found in the chat.



This presentation is being recorded.

DURING



Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.



AI assistants are not allowed in CalTrin trainings due to California privacy laws.

AFTER



Complete the survey at the end of this webinar to receive your Certificate of Attendance.



A follow-up email will be sent to all participants within two business days.



Addiction & Recovery: Cultural Elements of Working with Hispanic, Latino/a, & Latinx/e Populations

Presented by Haner Hernández, PhD



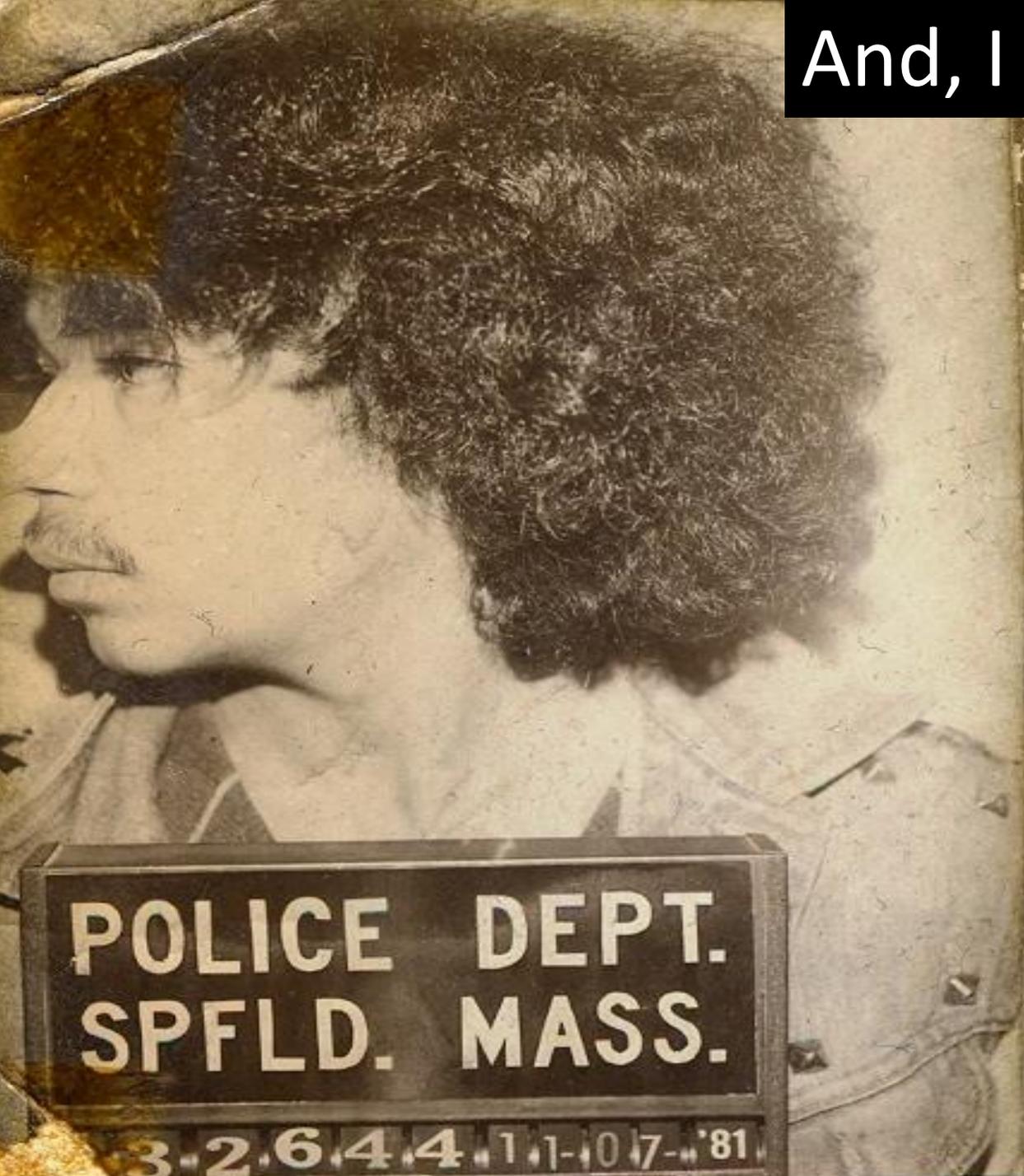


Haner Hernández, PhD

- Over 36 years of experience developing, implementing, and evaluating youth and adult problem gambling, substance use disorders and mental health program
- Extensive experience delivering training and technical assistance with a commitment to eliminating disparities and building equity.
- Certified Prevention Specialist
- Advance Certified Alcohol and Drug Addiction Counselor (CADAC II)
- Advance Licensed Alcohol and Drug Addiction Counselor (LADC I)

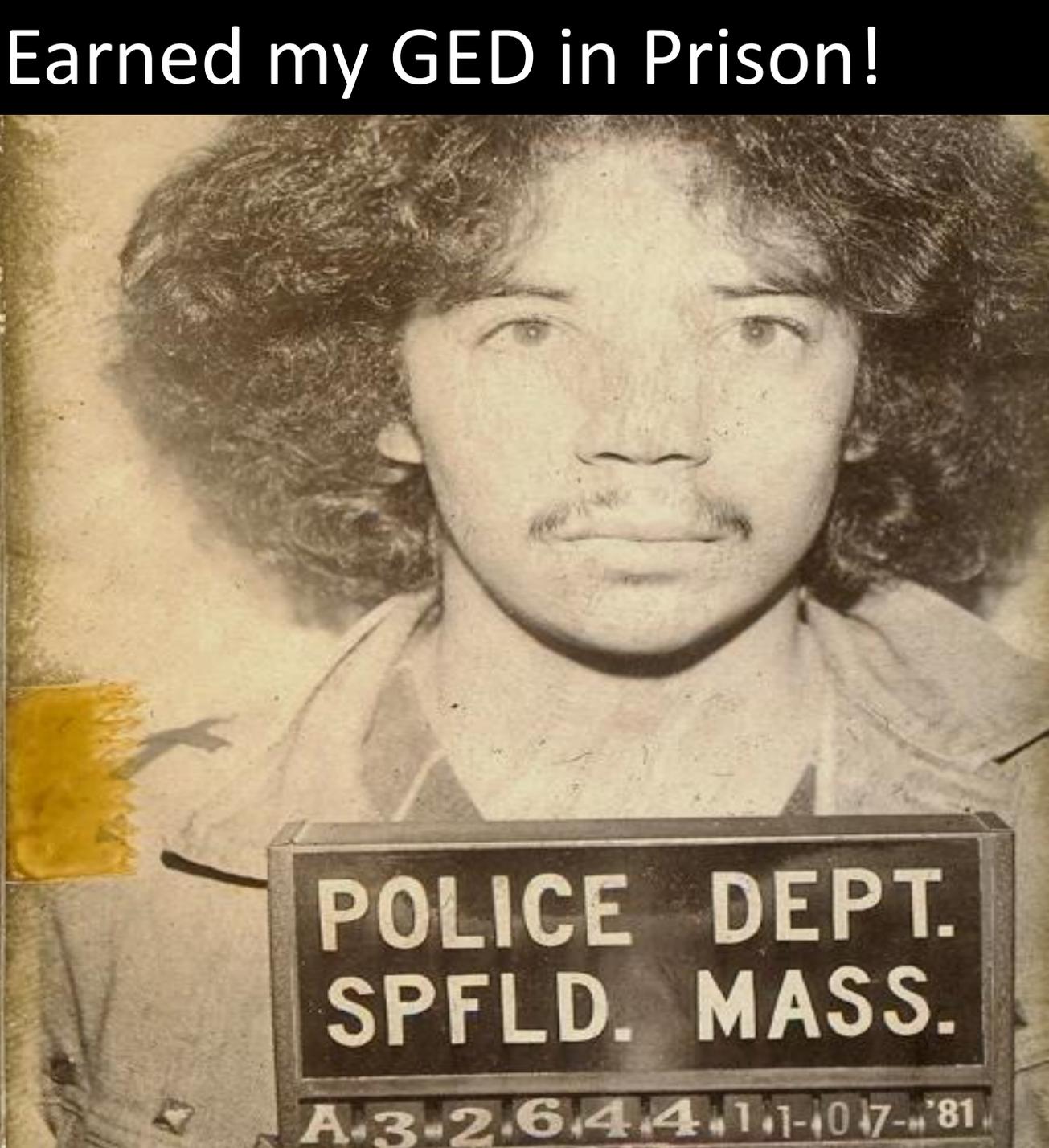


And, I Earned my GED in Prison!



POLICE DEPT.
SPFLD. MASS.

3-2-6-4-4-1-1-0-7-'81



POLICE DEPT.
SPFLD. MASS.

A-3-2-6-4-4-1-1-0-7-'81

Mantra: Addiction and Mental Health Don't Discriminate

WHAM

Systems

INDIVIDUAL

**POLICIES &
PROCEDURE**





Recurrence



Punitive Approaches



Individual Factors Associated With Disparities

- Race/ethnicity
- Religion
- Socioeconomic status
- Ability
- Gender
- Age
- Sexual orientation
- Gender identity
- Other characteristics historically linked to discrimination or exclusion



Structural and Social Factors Associated with Disparities

Institutionalized Racism

Health Insurance, Access and Quality of Care

Underemployment and Unemployment

Education Access and Quality

Neighborhood Conditions and Housing

Environmental Hazards

Access and Quality of Prevention, Intervention, Multiple Pathways of Recovery, and Recovery Supports



Examples of Disparities



Access to Mental Health and SUD Care

- In 2020, the US Census Bureau reported that 49.9 percent of Hispanics/Latinos/x/e had private insurance coverage, as compared to 73.9 percent for non-Hispanic Whites.
- More than half of Hispanics/Latino/x/e adults aged 18 or older with and youth aged 12 to 17 Mental Health challenges did not receive treatment within the past year.
- Fewer Hispanics/Latino/x/e adults sought help for SUD and more than 90 percent do not receive treatment; highlighting disparities in access to care.
- Of the 2.4 million Hispanics/Latino/x/e who experienced both a mental and substance use disorder in the past year only 25.4% received any mental health treatment, and only 10.8% received both mental health and SUD treatment.





Yested For Success Case Study
A Research Publication By: Fahd Alshaykh, Fahd Alshaykh, and Fahd Alshaykh

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Mass Incarceration

1970
200,000



2024
2.3 Million

**People Incarcerated
in the USA!!!**

**5.5 to 6 Million Individuals
on Probation, Parole, House Arrest!**

Deliberate Policies!

- Deinstitutionalization
- War On Drugs

- Schools Zones
- 3 Strikes and You're Out

So Called “Plea Bargains:”

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

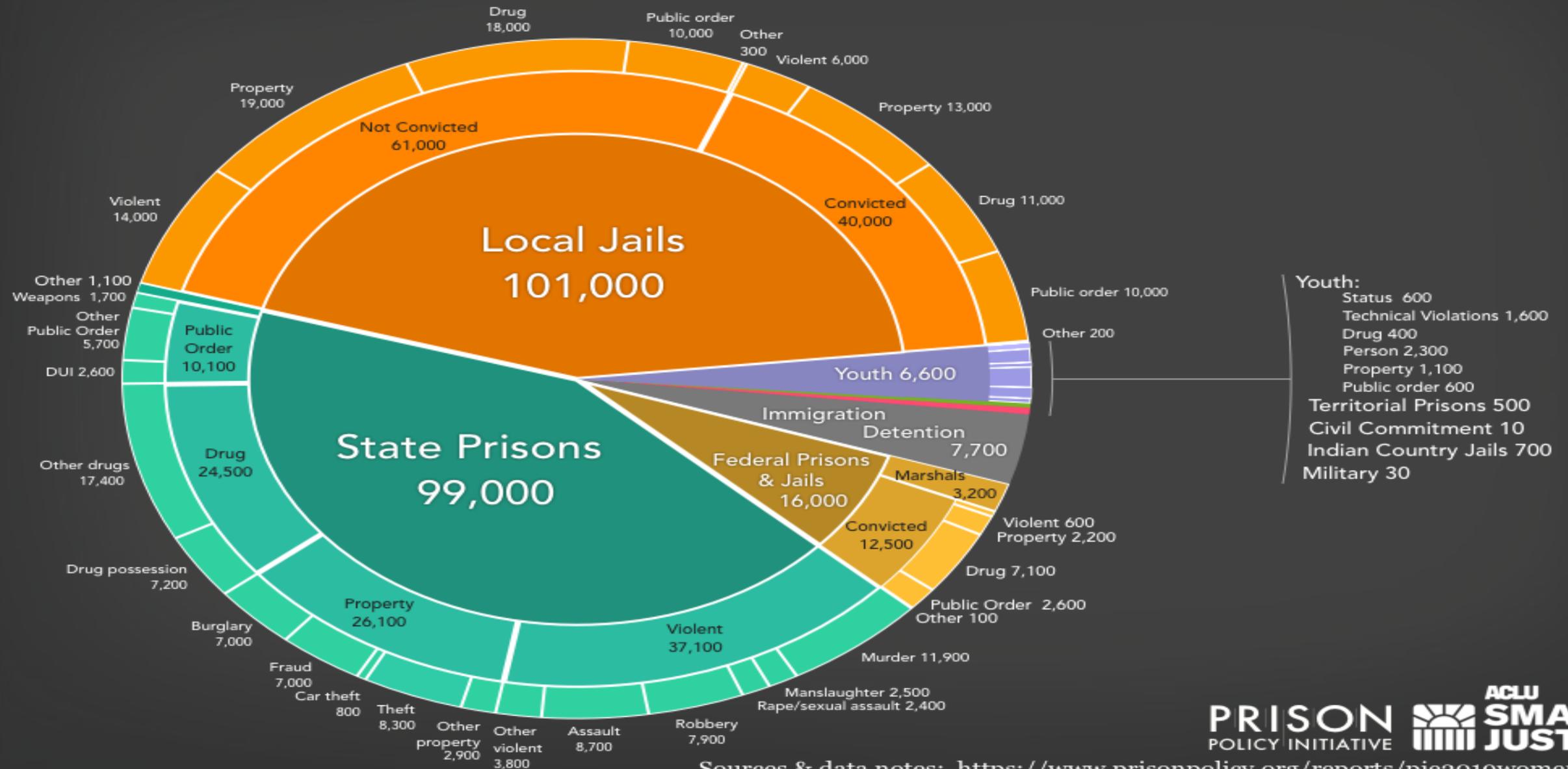
- Mandatory Minimums
- Voting Rights

Prisons/Jails

- Criminal Offender Records

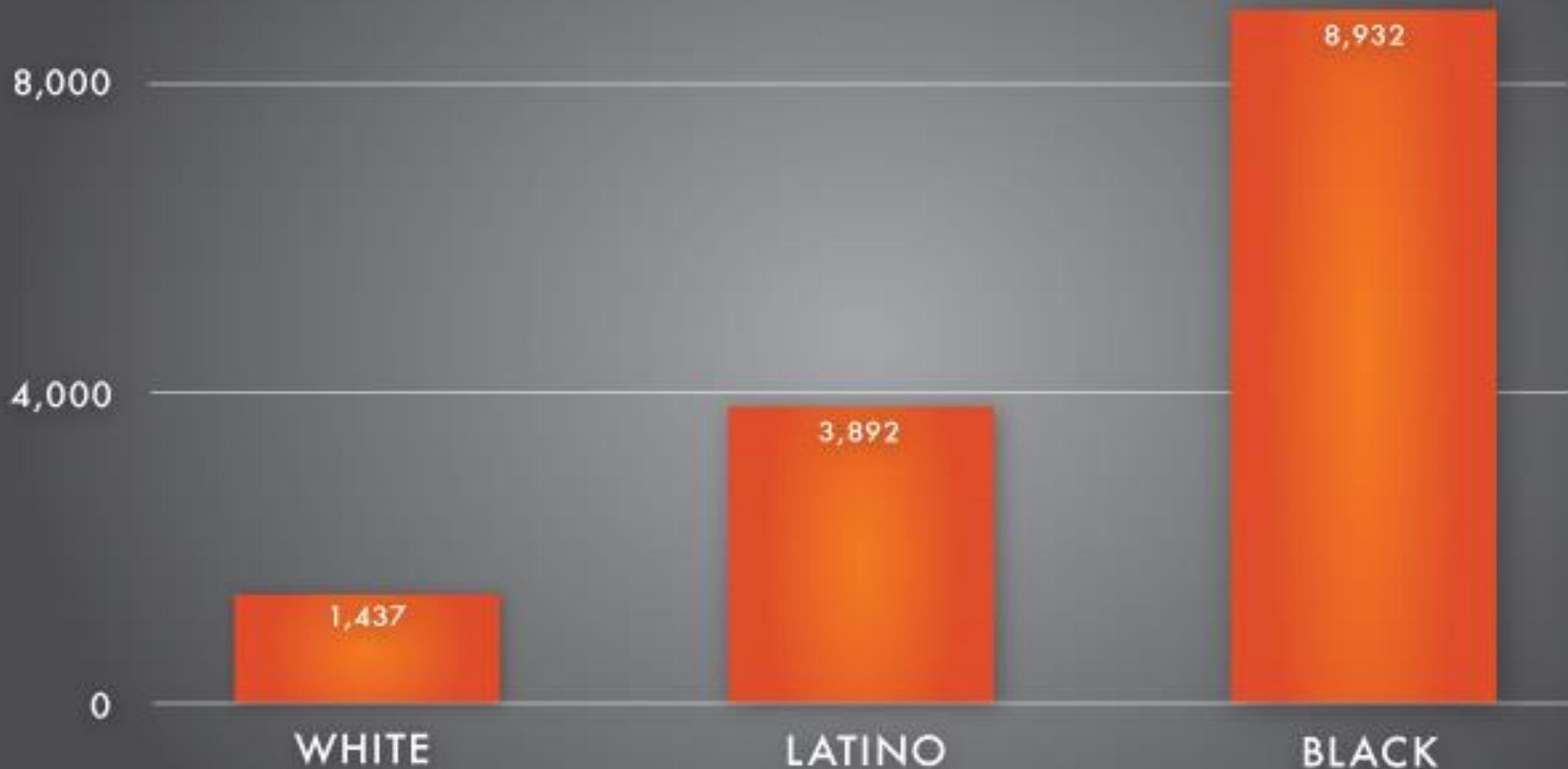
How many women are locked up in the United States?

The United States is one of the top incarcerators of women in the world. Changing that will require knowing where 231,000 incarcerated women fall within our decentralized and overlapping systems of mass incarceration.



Young Male Incarceration Rates, 2020

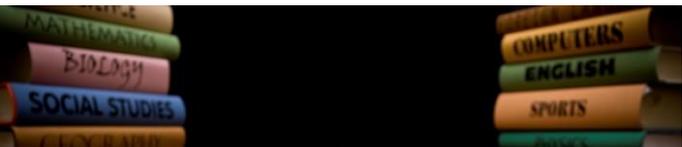
(number of males 25-29 years old incarcerated per 100,000)



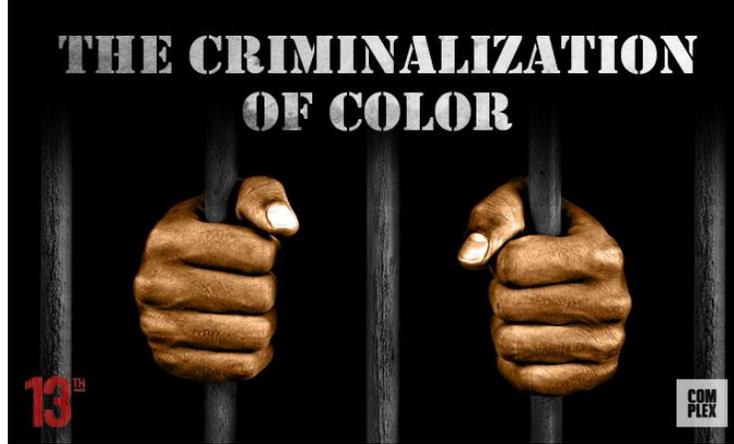
Doctors
abuse
Overdose
Families
Political
Epidemic
Usage
OPIOID
Drugs
Heroin
ence

After decades of Racialized and Poor People Dying, why Declare a Crisis in Recent History?

Addicts
Detox
Antidote
health
Communities
Treatment
Depression
Withdrawal
Drugs
Adverse
La De



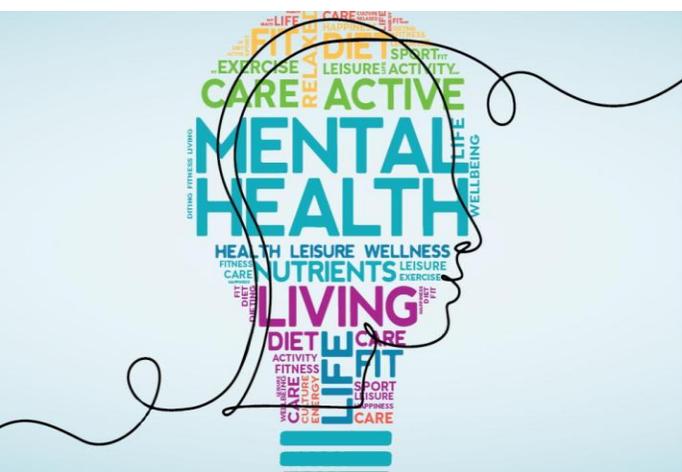
ce



Em



Myopic View of what the Problems are;
Myopic Solutions that Sustain Inequities.



it



Housing



La Familia Latina and Recovery

- Some people don't view substance or mental health disorders as a disease. The belief is of moral failing.
- Distrust is to be expected from family members and some will be looking for signs of old behaviors.
- Overly harsh communication about past behaviors and anguish, and problems caused to the family can impact recovery processes.
- It may not be possible to engage the family or the most significant members of the family in treatment if the family is not ready.
- Quite often family members with SUDs and MH challenges will continue to reside in the household.





Strength Based and Culturally Grounded
Approaches Grounded in Equity and Justice



Hispanic – Latino/x/e Cultural Elements

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



Family or *Familia* (*Familismo*)

“A cultural value that involves individuals’ strong identification with and attachment to their nuclear and extended families, and strong feelings of loyalty, reciprocity, and solidarity among members of the same family.”

Source: Marín & Marín, 1991



Respect or *Respeto*

Implies a mutual and reciprocal deference, and dictates appropriate deferential behavior towards others based on age, sex, social position, economic status, and authority.

Older adults expect respect from those younger, men from women, adults from children, teachers from students, employers from employees.

Source: Santiago-Rivera, Arredondo & Gallardo-Cooper, 2002



Personal Relationships or *Personalismo*

Hispanic/Latino/x/e participants expect behavioral health providers to be warm, friendly, and personal, and to take an active interest in the patient's life.

Source: Santiago-Rivera, Arredondo & Gallardo-Cooper, 2002



Trust or *Confianza*

Building trust has been described as the earliest developmental task and the foundation on which all others are built.

Establishing trust is broadly accepted as fundamental to the development of a therapeutic relationship.

Source: Erickson, 1980



Spirituality or *Espiritualidad*

Providers often work within the structures of mainstream medicine, which provides separate physical and mental health care.

Hispanic/Latino/x/e culture, on the other hand, tends to view health from a holistic point of view. This view implies a continuum of body, mind, and spirit.

Spirituality is strong with Hispanic/Latino/x/e participants and combining faith with science is not uncommon. For many, faith is a key component of recovery.

Source: Pajewinski & Enriquez, 1996



Marianismo

The expectation of self-sacrifice of a mother on behalf of her children is prescribed by cultural convention and reinforced through families, social networks, religion, and public imagery in mass media. This concept is also known as “*marianismo*.”



Machismo

Significantly influences behavior and attitudes of adolescent males during time of identity formation.

Distinction between the sexes.

Includes dignity in personal conduct, respect and respect for others.

Source: Rivera. & Rogers-Adkinson, 1997



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.”

(Tervalon and Murry-Garcia, 1998)

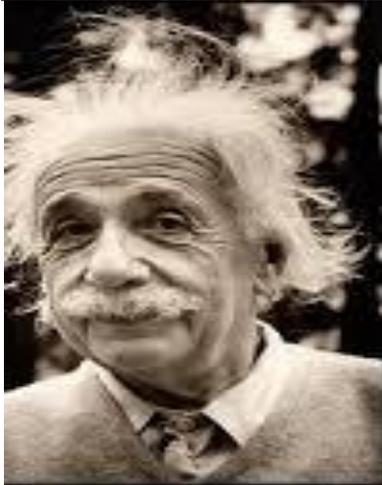


¡SÍ, Se Puede!

► **LA RESILIENCIA** ◀
una fuerza
para enfrentarse a
LA ADVERSIDAD

Strengths
natural
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



SOME PEOPLE CAN'T
BELIEVE IN THEMSELVES
UNTIL SOMEONE ELSE
BELIEVES IN THEM
FIRST.
GOOD WILL HUNTING
WWW.LIVEHAPPY.COM

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

Build Equity!!!



EQUALITY

~~**EQUITY**~~

REALITY

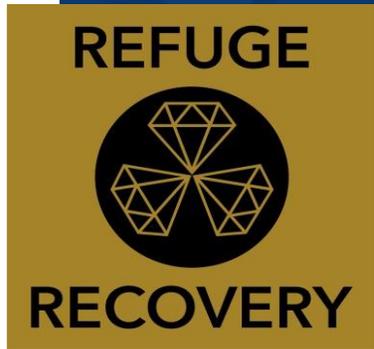
All Credible Evidence and
Outcomes Show That There are



Of Recovery and Wellness



Infinite Pathways of Recovery



- Harm Reduction is a set of practical strategies and ideas aimed at reducing the negative consequences associated with drug use.
- Harm reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

Source: National Harm Reduction Coalition

Who Here Practices
Harm Reduction?

Dead People Don't Recover or Get Better!

**Change is NOT an Event.....
It's a Process.**

**5 Stages: Pre-contemplation, Contemplation,
Preparation, Action, Maintenance.**

What's the Most Controversial Aspect of Harm Reduction Right Now?



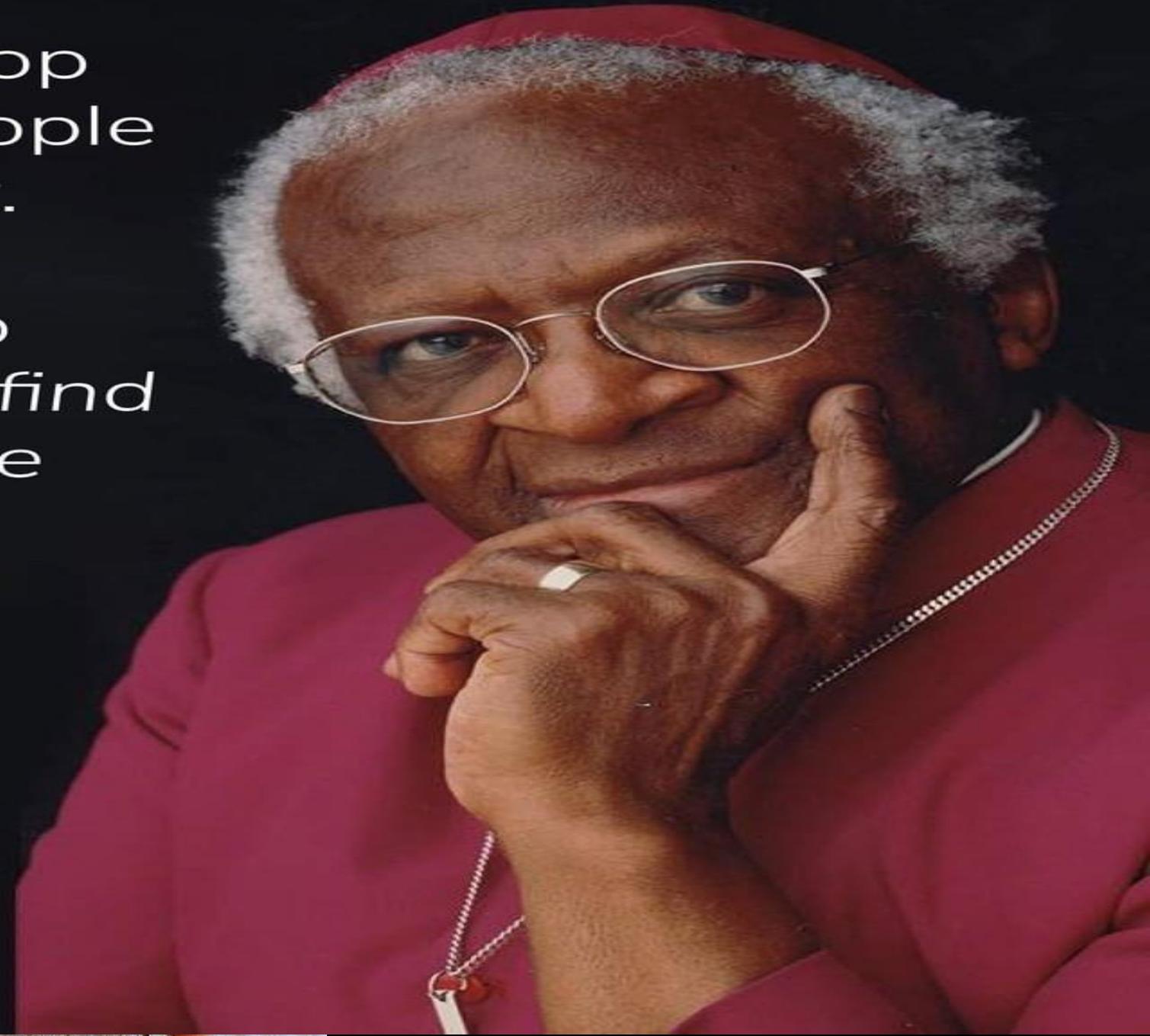


Restorative Justice

We need to stop
just pulling people
out of the river.

We need to go
upstream and *find*
out *why they're*
falling in.

- Desmond Tutu



Thanks for joining us!

WHAT'S NEXT?

- Survey and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of *CalTrin Connect*



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TRAINING REPLAYS ON YOUTUBE!

