

Welcome to **CalTRIN**
California Training Institute

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.

Connect with us!   

VISIT CALTRIN.ORG & SCAN TO LEARN MORE 

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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"




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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



This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CalTRIN and do not necessarily reflect the views of the California Department of Social Services.

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UPCOMING TRAININGS







mark your calendars!

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

- December 3:** Leading Through Change
- December 12:** Building a Resilient and High-Performing Organizational Culture
- December 17:** Protective Factor of the Month: Social Connections
- December 18:** Multidimensional Family Therapy: The Proven Family-Centered Treatment for Youth

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Before We Begin...

BEFORE	DURING	AFTER
 <p>Access the notetaking slides now! The link can be found in the chat.</p>	 <p>Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.</p>	 <p>Complete the survey at the end of this webinar to receive your Certificate of Attendance.</p>
 <p>This presentation is being recorded.</p>	 <p>AI assistants are not allowed in CalTrin trainings due to California privacy laws.</p>	 <p>A follow-up email will be sent to all participants within two business days.</p>

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

Presented by Haner Hernández, PhD

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CALTRIN
California Training Institute

Speaker SPOTLIGHT

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)

ICHD is not responsible for the creation of content and any views expressed in its materials and programming.

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And, I Earned my GED in Prison!

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Mantra: Addiction and Mental Health Don't Discriminate

WHAM
Systems

INDIVIDUAL
POLICIES & PROCEDURE

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The graphic for 'Deliberate Silos' features three panels at the top: 'GIVE ACTIVE MENTAL HEALTH A LIVING SPACE', a 'PREVENTION AVE' sign with a 'THIS WAY' arrow pointing left, and a 'Health Care' folder with a stethoscope. Below these is a blue banner with the text 'Deliberate Silos'. At the bottom are three icons: a word cloud for 'child abuse' and 'child welfare', a purple hand holding a white cross with 'Human Services' text, and a red gear with a white pill bottle icon and 'SUBSTANCE USE DISORDERS' text.

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The graphic for 'Recurrence Punitive Approaches' includes a 'Funding' sign with a downward arrow, a blue banner with the text 'Recurrence', and an icon of a person being pushed away by a large black arrow. Below is another blue banner with the text 'Punitive Approaches'. At the bottom are two images: one showing a red carpet with chains and a white American flag, and another titled 'THE CRIMINALIZATION OF COLOR' showing hands gripping prison bars.

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The graphic for 'Disparities' features a word cloud at the top with terms like 'SERVICES LIMITED', 'DISPARITIES', 'CULTURAL', 'DISPARITIES', 'DISABILITIES', 'LINGUISTICALLY SUPPORTS', and 'COMPETENT'. Below is a blue box containing the text: 'A racial, ethnic or behavioral health outcome that is seen to greater or lesser extent between populations. Particularly linked with social, economic, and/or environmental disadvantage. (Healthy People 2030)'.

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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

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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

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Examples of Disparities

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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.



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Mass Incarceration

1970
200,000



2024
2.3 Million

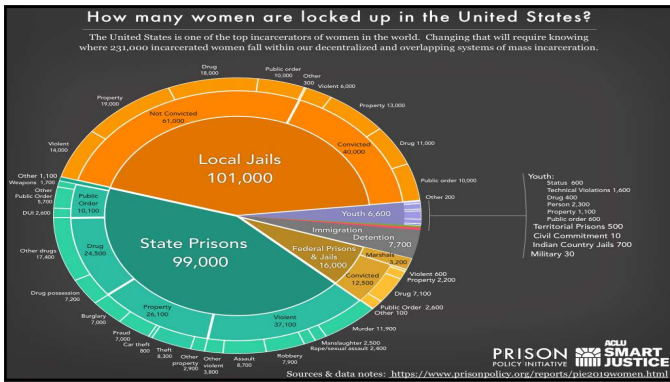
People Incarcerated
in the USA!!!
5.5 to 6 Million Individuals
on Probation, Parole, House Arrest!

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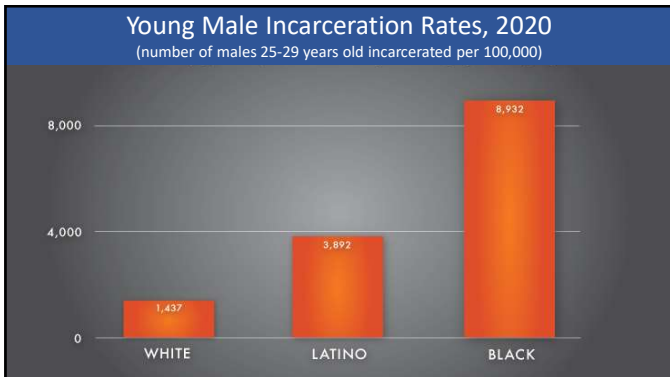
Deliberate Policies!

<ul style="list-style-type: none"> • Deinstitutionalization • War On Drugs 	<ul style="list-style-type: none"> • Schools Zones • 3 Strikes and You're Out
<p>So Called "Plea Bargains:"</p> <ul style="list-style-type: none"> • 97% at the Federal level • 94% State Level 	
<ul style="list-style-type: none"> • Mandatory Minimums • Voting Rights 	<p style="text-align: center;">Prisons/Jails</p> <ul style="list-style-type: none"> • Criminal Offender Records

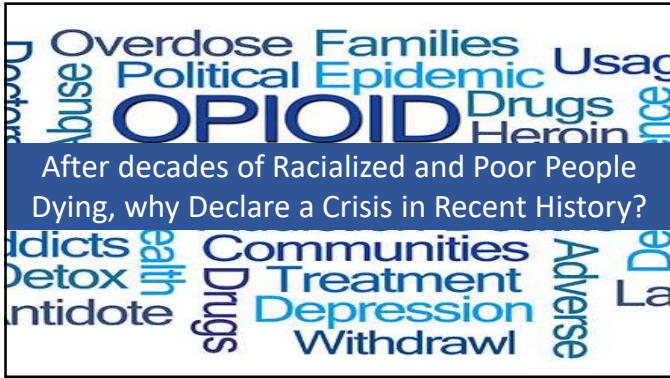
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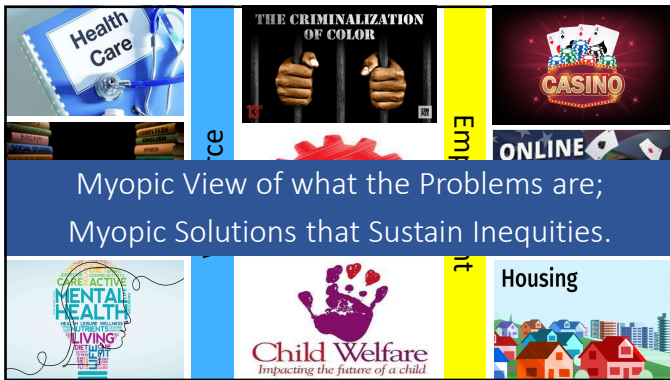
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La Familia Latina and Recovery

- 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.



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Strength Based and Culturally Grounded Approaches Grounded in Equity and Justice

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Hispanic – Latino/x/e Cultural Elements

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



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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



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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



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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



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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



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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



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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*."



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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



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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)

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Strength Weakness

¡Sí, Se Puede!

LA RESILIENCIA una fuerza para enfrentarse a LA ADVERSIDAD

Strengths gifts Abilities 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. (GOOD WILL HUNTING)

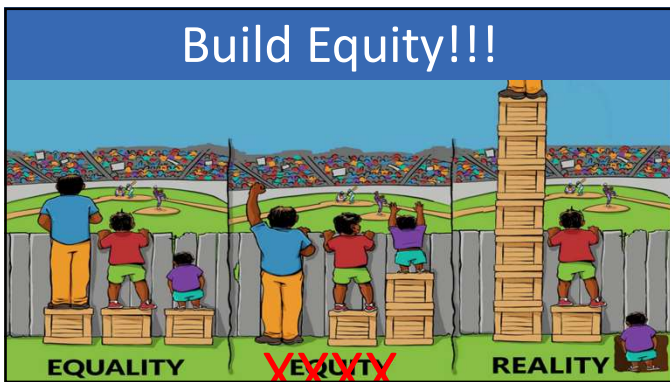
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Health Equity

“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

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All Credible Evidence and Outcomes Show That There are

Of Recovery and Wellness

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• 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

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Who Here Practices
Harm Reduction?

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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.

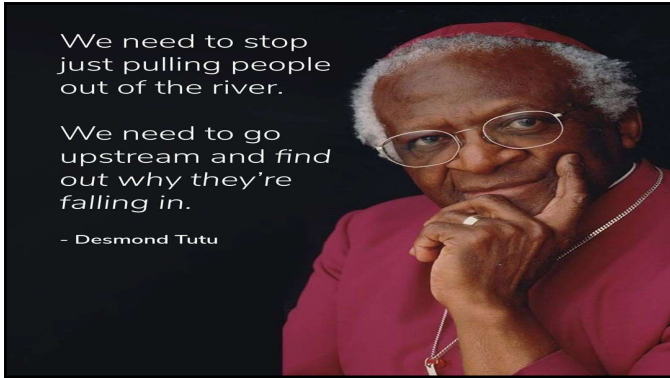
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What's the Most Controversial Aspect of Harm Reduction Right Now?

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A colorful banner with a blue and yellow color scheme. The text reads: "Thanks for joining us! WHAT'S NEXT?". Below this is a bulleted list: "Survey and certificate in the chat now", "Follow-up email with resources within two days", and "Watch your inbox for the next issue of CalTrin Connect". To the right is a circular logo with a graduation cap and a magnifying glass over a map of California. At the bottom, it says "Stay Connected for More Free Training & Resources!" and includes a QR code, the text "VISIT CALTRIN.ORG & SCAN TO LEARN MORE", and "FOLLOW US! AND CHECK OUT TRAINING REPLAYS ON YOUTUBE!". Social media icons for LinkedIn, Facebook, and YouTube are also present.

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