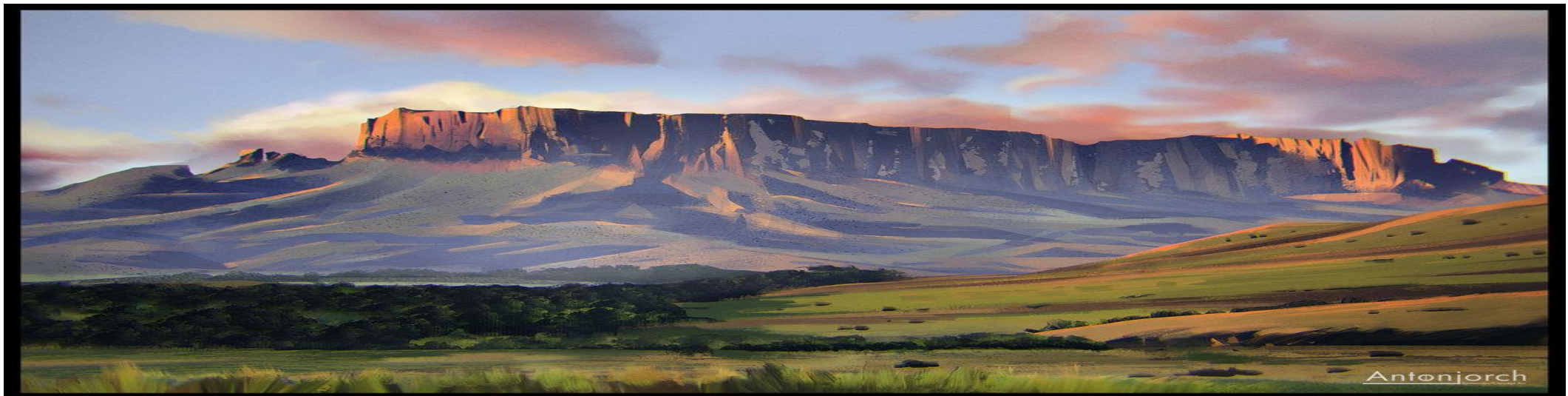


Immigration and Latino Mental Health: Assessing with Awareness and Cultural Humility

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Today's Objectives



- Increase understanding of the stressors associated with Latino immigration experience
- Become familiar with policy influences and their impact on Latino mental health
- Understand effective engagement strategies when assessing for mental health needs



Not all Latinos are immigrants

Not all immigrants are Latinos

Not all immigrants are undocumented

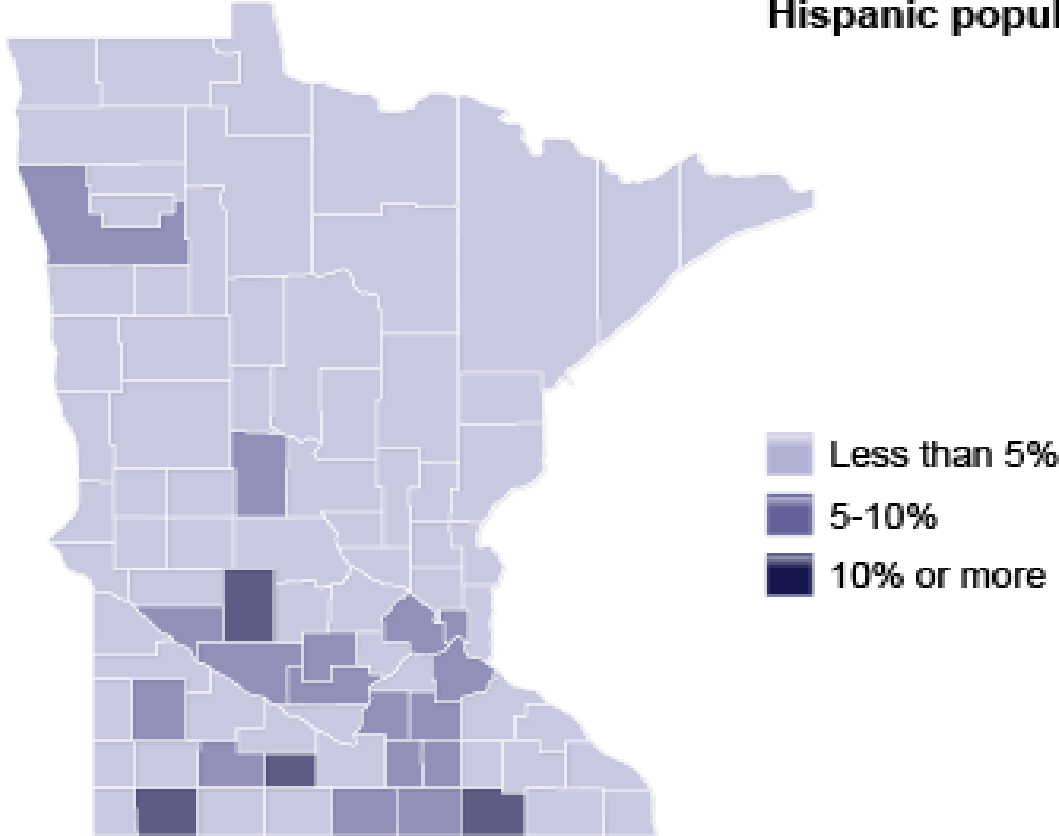
Not all immigrants are at the same point of acculturation





- The Hispanic population in MN is the 28th largest in the nation and one of the fastest growing
- 5% of MN population is Hispanic
- Median age in MN is 24 (62% Native Born, 91% of children Native Born)
- 1 in 4 live in poverty (double the poverty rate for average Minnesotan)

Hispanic population, 2013





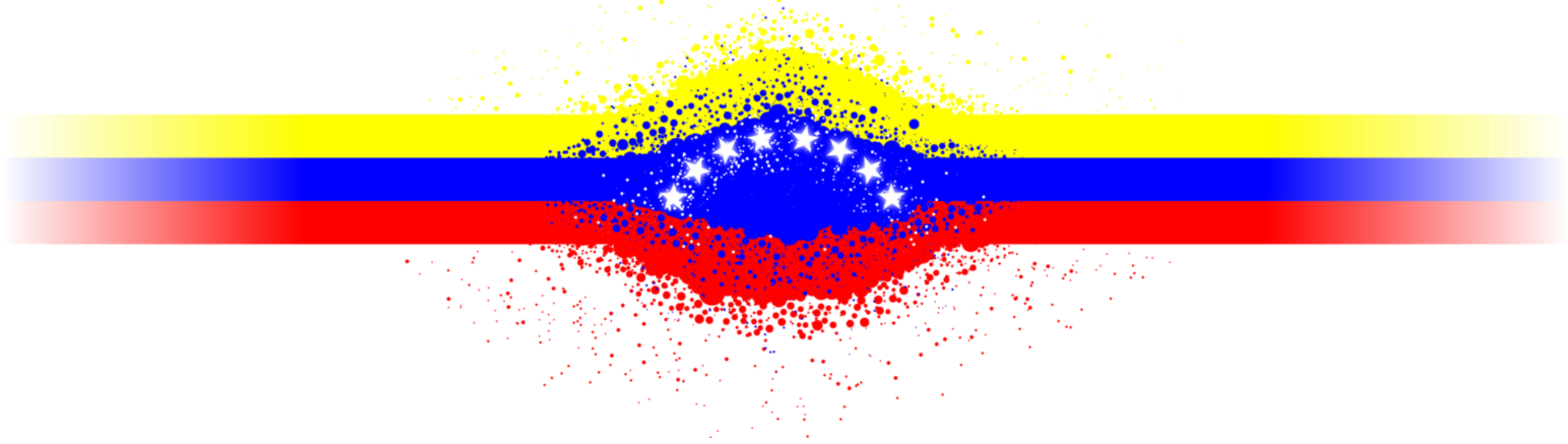
6.04 Social Work And Political Action

(a)...Social workers should be aware of the impact of the political arena on practice and should advocate for changes in policy and legislation to improve social conditions in order to meet basic human needs and promote social justice. (NASW Code of Ethics)

Recent Policy Landscape

- The wall
- “Expedited Removal”
- 287(g)
- Termination of DACA
- TPS Announcement on Monday





“Mami, hay una niña en mi salon
que tiene un plan por si sus
papas no llegan del trabajo.”

~Angel Ignacio



The Iceberg Concept of Culture

Like an iceberg, the majority of culture is below the surface.



Surface Culture

Above sea level

Emotional load: relatively low

food ▪ dress ▪ music ▪
visual arts ▪ drama ▪ crafts
dance ▪ literature ▪ language
celebrations ▪ games

Deep Culture

Unspoken Rules

Partially below sea level

Emotional load: very high

courtesy ▪ contextual conversational patterns ▪ concept of time
personal space ▪ rules of conduct ▪ facial expressions
nonverbal communication ▪ body language ▪ touching ▪ eye contact
patterns of handling emotions ▪ notions of modesty ▪ concept of beauty
courtship practices ▪ relationships to animals ▪ notions of leadership
tempo of work ▪ concepts of food ▪ ideals of childrearing
theory of disease ▪ social interaction rate ▪ nature of friendships
tone of voice ▪ attitudes toward elders ▪ concept of cleanliness
notions of adolescence ▪ patterns of group decision-making
definition of insanity ▪ preference for competition or cooperation
tolerance of physical pain ▪ concept of “self” ▪ concept of past and future
definition of obscenity ▪ attitudes toward dependents ▪ problem-solving
roles in relation to age, sex, class, occupation, kinship, and so forth

Unconscious Rules

Completely below sea level

Emotional load: intense



Keys to Humility

- “ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the [person]”

- Self reflection and life long learning

- Hook, J.N. (2013). *Cultural Humility: Measuring openness to culturally diverse clients*. Journal of Counseling Psychology.



“What? All I said was I’m proud of my humility.”

Grief and Loss...Always

- Ambiguous loss
- Status
- Relationships
- Profession
- Language



Undocumented Immigration



Engaging with Humility

- Personalismo
- Confianza/Respeto
- Espiritualidad
- Familismo



Assessment with Awareness

- Linguistic Need
- Acculturation
- Loss
- Trauma-Learn the story
- Somatic/culture bound
- Discrimination
- Protective factors



