

# We are Latinos (Hispanics?)

A presentation for Creciendo  
Juntos Forum on Latinos and  
Mental Health

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Cultural Sensitivity is a  
prerequisite to professional  
competence.

This is not merely a fairness  
issue

- Asa Hilliard (1984)

# Something to consider

- Cultural Awareness
  - Primarily a cognitive function;
  - Involves gaining knowledge of various cultural groups;
  - Individuals become conscious of a thought or action and process it intellectually
- Cultural Sensitivity
  - Primarily an affective function;
  - Involves having experiences that challenge individuals to explore their personal cultural issues;
  - Individuals respond emotionally to stimuli w respect & openness

# Considerations for working with Latinos

1. Level of acculturation
2. National origin (self-identification)
3. Generation or migrational history

# Challenges Involved in Understanding Latinos

- Complexity and Diversity of the Latino Identity
  - Hispanic/Latinos may have indigenous roots, combined with European, African and Asian....Each group has a distinct history and heritage
- Lack of Awareness of Such Diversity
- Lack of Standard Terminology
  - Latino, Hispanics, Chicano, Spanish-Americans, etc...

# Latino Value Orientations

- Relationships
  - Personalismo
  - Loyalty
  - Supportive
  - Respeto
  - Formality
  - Interdependence
  - Family centered
- Authority
  - Typically male & older
  - Respeto
  - Deference to status & title

# Latino Value Orientations

- Gender
  - Influenced by religion
  - Marianismo
  - Machismo
  - Specific roles and functions
- Religion
  - Mostly Catholic but other protestant groups are making headway
  - High power orientation
  - Curanderos, priests, nuns, etc. are seen as authority figures

# Latino Value Orientations

- Work
  - Loyalty
  - Perseverance
  - Self-discipline
  - Males out of the home
  - Females in the home
  - Source of pride
- Health
  - “God’s will”
  - Alternative “wholistic” approaches
  - Mind-body connection
  - Natural remedies

# Latino Value Orientations

- Family
  - Extended
  - Comes before self
  - Collective good
  - Source of pride
  - Traditional
- Motivators
  - Orgullo (Pride)
  - Ganas (“Umph”)
  - La familia (The family)

# Non-verbal communication

- Touching (haptics)
- Eye contact (oculesics)
- Use of space (proxemics)
- The use of time (chronemics)
- Odor (olefactics)
- Movements and gestures (kinesics)

# BACKGROUND

- 28 Million US residents speak Spanish at home.
- Slightly > half of Spanish speakers are fluent in English.
- 50% of all Latinos live in Texas and California.
- In 23 states, Latinos are the largest minority.
- 64% of US Latino pop. is of Mexican origin.
- 68% of nation's Hispanic pop. was foreign-born or had a parent that was foreign-born.

# Hispanic/Latinos by Ethnic Origin

Ethnic Identification	%
Mejicanos	64
Puerto Rican	10
Cuban	3
Salvadoran	3
Dominican Republic	3
Central & South American, & Other	17

# Some Common Problems

- Gender relations
- Age differences
- Assertiveness
- Speech patterns
- Use of intermediaries
- Questions of face
- Negotiation styles
- Direct/Indirect
- Egalitarian/Elite
- Charm/Threats
- Merit/Influence
- Personal/Impersonal
- Single/Multiple Access

# Cultural and Ethnic Disproportions Affecting the Latino Mental Health Status

- Ample evidence exists for concern about appropriateness of some dx and tx procedures. Compared to whites exhibiting the same symptoms, Hispanic/Latinos are more likely to be dx w schizophrenia, and less likely with affective or anxiety disorders.
- Though ethno-psychopharmacological research indicates that Hispanic/Latinos may metabolize psychiatric drugs more slowly than whites, Latinos often receive higher doses than whites, leading to more severe side effects. Consequently, they are more likely to be non-compliant w medication than whites w similar diagnoses.

# Problems in Providing Culturally Competent MH Svs to Hispanic/Latinos

- There are only 29 Hispanic/Latino mental health professionals for every 100,000 Hispanics in the US, compared to 173 non-Hispanic white providers per 100,000; only 1% of psychologists who are members of APA are Hispanic. Less than 4% of physicians are Hispanic.
- About 40% of Hispanics either do not speak English or do not speak it well. Therefore, there is a shortage of bilingual/bicultural and adequately trained mental health professionals able to provide competent treatment to Latinos and recent immigrants.

# Language Use Among Latino Adults

	Spanish Dominant	Bilingual	English Dominant
First Generation	72%	24%	4%
Second Generation	7%	47%	46%
3 <sup>rd</sup> & higher generations	0%	22%	78%
All Latinos	47%	28%	25%

Source: Hispanics in Motion, Pew Hispanic Center, 2005

# Problems in rendering services

<u>Center Char:</u>	<u>Staff Char:</u>	<u>CI Knowledge:</u>
<ul style="list-style-type: none"><li>•Location</li><li>•Degree of formality</li><li>•Red tape</li><li>•Forms in Spanish</li><li>•Waiting period</li><li>•Baby-sitting?</li><li>•Hrs of service</li><li>•Approp publicity</li></ul>	<ul style="list-style-type: none"><li>•Bilingual</li><li>•Bicultural</li><li>•Trained</li><li>•<i>Personalismo</i></li></ul>	<ul style="list-style-type: none"><li>•Knowledge of services</li><li>•Overcome <i>verguenza</i></li><li>•Language preference</li><li>•No legal threat to fear</li><li>•Community involvement</li></ul>

# Some examples

- Cultivating a relationship
- Asking about family
- Time differences

# Latinos Meet North Americans

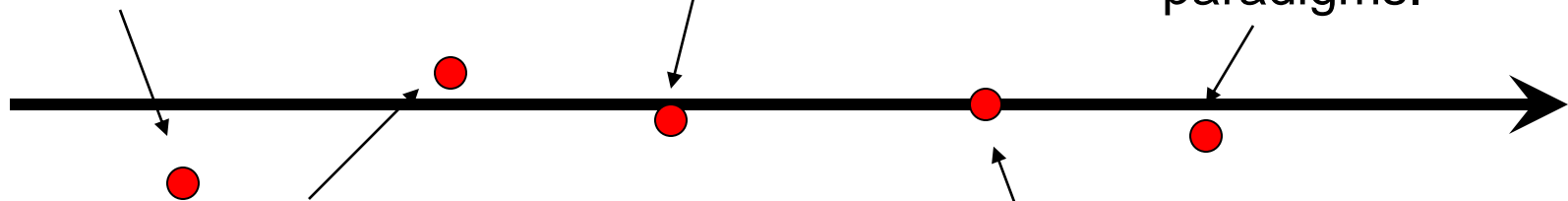
- N. Am may think that Latinos interrupt other people; they don't listen enough.
- Whereas Latinos may think that N. Am get to the point too quickly, are too much in a hurry, and care about things, instead of relationships.
- N. Am may think that Latinos are always late, and won't come right out and tell you what is bothering them, they're very formal always using a title, rather than a first name, and won't look you in the eye.

# Stages in Cross-Cultural Learning

**Identifying:**  
differences and similarities

**Coping:** react appropriately to the differences.

**Integrating:** Add elements of difference into own operating paradigms.



**Understanding:**  
explain the form, content, and significance of salient differences.

**Managing:** work with differences proactively to produce mutually satisfactory outcomes.

# Thank-You! Gracias!

Since we cannot cover all that needs to be covered, this “ending” is just a pause...until we meet next time