

OUTREACH, ADVOCACY & COLLABORATION IN MEETING COMMUNITY EMOTIONAL HEALTH NEEDS

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Learning Objectives

1. Identify barriers and challenges regarding mental health services utilization among the Latinx and migrant farmworker communities.

2. List challenges, rewards and best practices in outreach activities and the efforts of bringing mental health to the community.

3. Discuss how community health centers can create similar programs to meet the behavioral and mental health needs of their communities.

¿Quienes Somos?



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Our Program

School of Graduate Psychology-Pacific Univeristy

- Graduate Psychology Training program
- PsyD, PhD, MA
- Adult, Child/Adolescent, Forensic, Health, Neuropsychology

Sabiduría: Latinx Psychology Emphasis

- 1 of only 10 Latinx Psychology trainings programs.
- Training emphasis on cultural and linguistic skills to work with the Latinx community

Pacific Psychology and Comprehensive Health Clinic

- Training clinic focused on providing low-barrier community mental health services and psychological assessment

Mental Health in the Latinx Community

- Latinxs are less likely to seek mental health treatment despite having similar mental health disorder rates to other groups
 - Only 20% with symptoms of a psychological disorder talk to a doctor about their concerns
 - Only 10% contact a mental health specialist
- Hispanic/Immigrant Paradox
 - Latinx Immigrants experience fewer mental health disorders than U.S. born Latinxs

U.S. born Latinxs are at significantly higher risk than immigrant Latinxs for:

- major depressive episodes
- social phobia
- PTSD
- anxiety disorders
- substance abuse

Suggests factors of living in the U.S. are related to higher risk

Common Mental Health Diagnoses amongst Latinxs

- Latinx youth in the U.S.
 - At greater risks for anxiety, depressive, and problem behavior issues compared to white peers
 - Latinas in high school have higher suicidal behaviors than other groups
 - Additional research demonstrating **lower utilization in mental health services and disparities in mental health referrals**
 - Rates of psychiatric disorders in Latinxs may be lower than actual rates

Latinxs living in the U.S.

- 13.2%-21.5% Anxiety disorders
- 12.6%-22.5% Depressive disorders
- 8.5%-22.9% Substance disorders
- 4.4%-7.5% PTSD
 - 75-93% experience some type of trauma

Mental Health in Latinx Migrant Farmworkers

28% of seasonal and migrant farmworkers have reported elevated depression

- Oregon numbers are greater than 40%.
- Within this population, depression has been associated with:
 - chronic disease (e.g. diabetes)
 - hopelessness
 - suicidal ideation

20-30% of farmworkers experience anxiety. These symptoms among may be associated with:

- Acculturative stress
- Poor family functioning
- Lack of social supports

Migrant Farmworkers and COVID-19

Increased Risk of Outbreak and Exposure

- Lack of PPE
- Overcrowded and substandard housing
- Close contact/ Long hour work environment

Lack of Basic Protections and Access to Relief programs

- Unemployment Insurance
- Emergency or Stimulus funds
- Employer Healthcare coverage
 - Perpetuates fear of contagion

Systematic, Structural, and Institutional Barriers

- Fears about accessing services
- Perceived Discrimination
- Amplified for undocumented farmworkers

Risk factors and barriers to mental health access and utilization amongst migrant farmworkers

Structural and Systemic Challenges

- Anti-immigrant policies, documentation status
- Language barriers, lack of culturally appropriate providers and services
- Lack of insurance
- Scarcity of mental health services in rural areas

Risk Factors

- Higher levels of acculturative stress
- Low social and emotional support
- Environmental stressors (Covid-19; Wildfires)

Stigma

- Lower rates of access and utilization of mental health services and resources
- Mistrust for mental health providers (may look to family, friends, or clergy first)
- Inadequate health literacy, lack of information

Current issues in mental health treatment

Evidence Based Treatments are not always culturally appropriate

- Approaches and initiatives see the individual as the problem
- Limited consideration for recognizing long standing systemic, structural, and institutional barriers

Directions for change:

- A focus on equity rather than equality
- A movement to reclaim mental health
- Reframing methods of delivery: from help-seeking to help-GIVING
- Services rooted in social justice practices

In mental health, this often starts with outreach and advocacy

Social Justice and Advocacy in Outreach

Practices which target institutional and systemic barriers that create obstacles for underserved communities, limiting their access to resources

Advocacy in outreach seeks to mediate between systems and the community to create more equitable health systems

Outreach and service learning are effective first steps to learning social justice (Vega, Brody, & Cummings, 2016)

Outreach helps students learn to advocate for clients, navigate systems, and recognize inequitable policies and practices (Toporek & Vaughn, 2010)

WHY DO OUTREACH?

*Decrease human
suffering and
promote human
values of equality
and justice*

Other reasons for outreach

- Reduce health disparities, social inequalities, social problems
 - Support the local community
 - Engage underserved communities
 - Bring mental health to the people
 - Contribute to equity
 - Remove providers/health workers from “the pedestal”

Affect change

Expand efforts to promote human rights

Increases utilization of health care services by underserved communities

Make emotional and behavioral health information more accessible

Reduce mental health stigma

Supports cultural humility

OUTREACH WITH LATINXS

SUCSESSES AND CHALLENGES

¿Por qué en la comunidad Latina? Why in the Latinx community?

Unique
barriers to
treatment

- Lack of cultural and linguistic clinicians
- Lack of health insurance and low income
- Unfamiliarity with healthcare system
- Documentation status
- Stigma

*Remover
barreras*

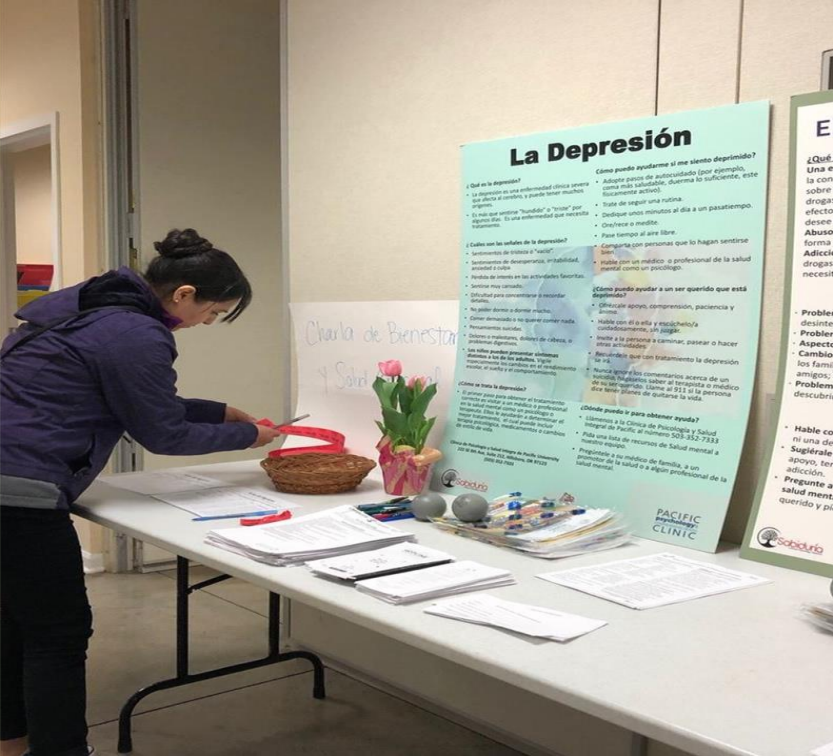
- One-on-one interactions with community members
 - Increase visibility of service providers

*Fomentar
confianza*

- Strengthen relationships between our program, the profession of psychology and community members
- Remove stigma and mistrust
- Support referrals

TYPES OF OUTREACH

OUR EXPERIENCES



Tabling Events

Community Presentations & Charlas

- Pre-COVID
- Various community organizations
- In collaboration with promotores de salud, community health workers and several CBOs



Interprofessional Service Learning (Pre-COVID)

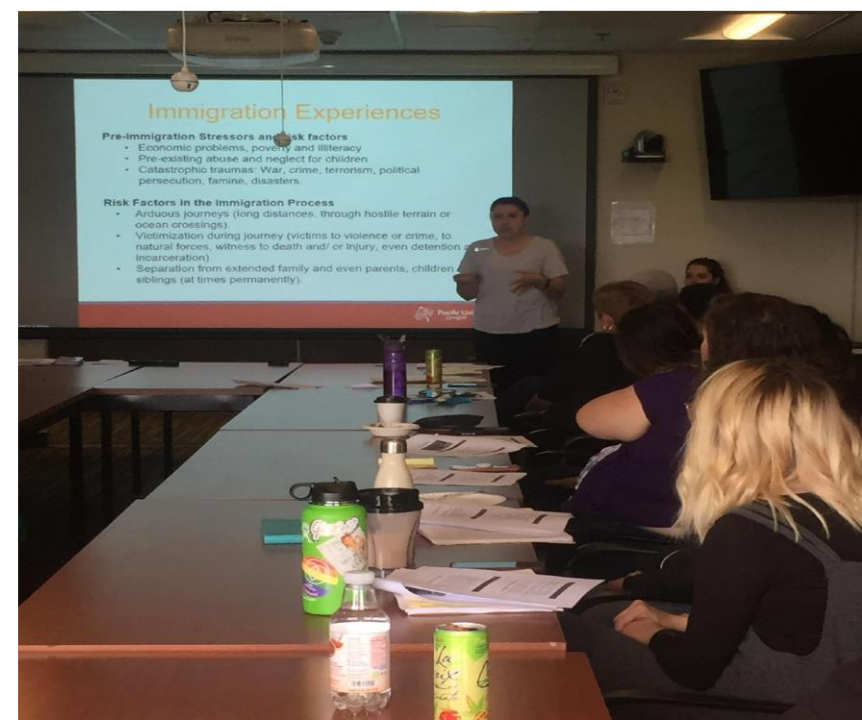
- Service-learning activities *fomentan confianza*
- Includes brief mental health screenings, referrals, & brief interventions
- Interprofessional Diabetes Clinic (IDC)
 - Once a month during the academic year
- *Salud!* Tuality OHSU Wellness Clinics
 - Focus on providing health care and prevention services to seasonal and migrant farmworkers working in Oregon's vineyards and wine industry

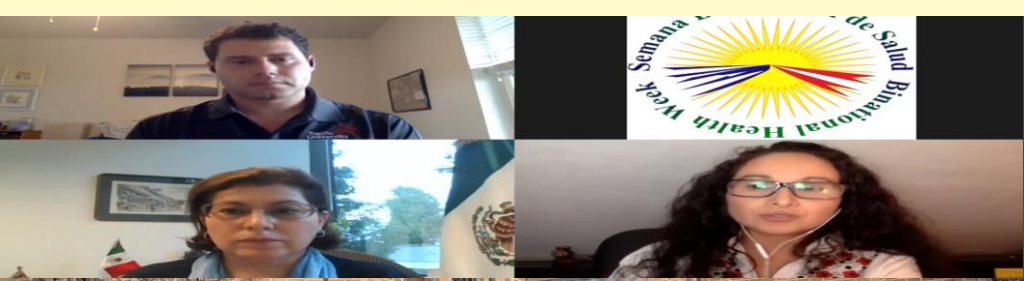




Trainings

- Trainings for community partners
 - Lawyers
 - Educators
 - Health Care Providers
 - Community Health Workers
 - Students
 - Crisis Lines Personnel
 - Community helpers and advocates
 - None for Profits
- Many professional trainings include continued education credit units for participants





Other forms of Outreach

Cafecito Hours

Relief drives

Community Service and Volunteering (e.g., Centro Cultural Christmas Baskets, Thanksgiving Dinners, Back to School Programs, Self Care Kit packages for elders)

Media interviews and presentation

Handouts and informational resources related to several topics (e.g. toxic stress, grief and loss, stress management)

Community Festivals (e.g. Día de los Muertos, Festival Latino)

Consultation Hours

Networking and meeting with community partners



Adaptations to Outreach

Transition to a virtual platform

Charlas via Facebook Live

Youtube videos and live presentations

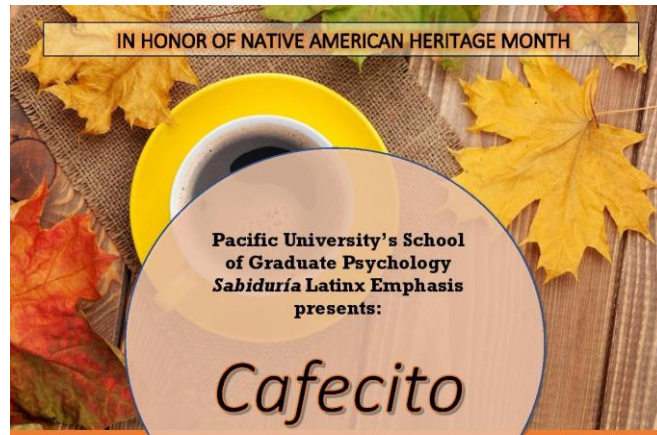
Cafecito Hours to spark conversations

Conversaciones con los Abuelos (phone)

Trainings via Zoom

Office Hours via ZOOM

Group processing and virtual community support spaces



ABOUT:

This November, in honor of Native American Heritage Month, student members of the Sabiduría Latinx Psychology Emphasis are excited to announce a continuation of Cafecito Hour. These "pláticas" or talks will be provided to the Pacific University community to spark conversations around indigenous-Latinx issues. We do not claim to be experts on these topics, but instead are excited to present an opportunity for a collective learning experience through brief presentations and meaningful conversations. We hope to offer ways in which we can honor the lands we occupy, promote social justice, and provide support for indigenous communities. Please join us bright and early, *con su cafecito*, for mornings of impactful conversation and discussion. We hope to see you there!

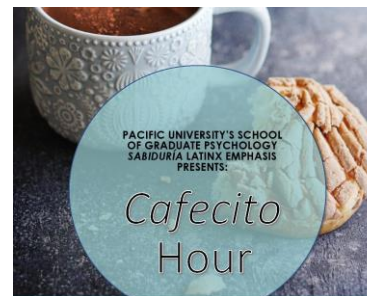
DATES & TOPICS:

Friday 11/20: *Femicidio* in Indigenous Communities

Tuesday 11/24: Unpacking Anti-Indigenous Sentiment in Latinx culture

Zoom Link:
<https://pacific.uprote.ctcddata.zoom.us/j/97109321748?pwd=VFVTOUlkQVQ6OjU1UjUyZWY2ZjZlUzU0OQ>
Passcode: 537179

All Cafecito hours begin at 8:00am via Zoom and will be approx. 45 minutes in duration.



ABOUT:

In honor of Latinx Heritage month, Sabiduría students are having a series of pláticas (talks) to engage the SGP community in discussions surrounding this year's theme, "A History of Serving Our Nation". With these conversations, we hope to not only celebrate the diversity and achievements of the Latinx community but to increase awareness of the ways in which we can promote social justice and support for this community locally. Please join us bright and early, *con su cafecito*, for mornings of refreshing and impactful conversation!

All Cafecito Hours begin at 8:00am via Zoom and will be approx. 45 minutes in duration. Cafecito Hour is open to all Pacific Students and Faculty with the exception of 10/24.

DATES & TOPICS:

Friday 08/25: "¿De dónde viene 'El Cafecito'?" Your connection to Latinx farmers & farm workers.

Wednesday 09/20: "Essential But Excluded": Barriers and Shortcomings of Relief Programs

Friday 10/09: "Mis Abuelo" - Unpacking Colonialism & Supporting Afro-Latinx

Wednesday 10/24: "Chisme y Comunidad": Support group for Latinx identifying SGP students

Zoom Link:
<https://pacific.uprote.ctcddata.zoom.us/j/97109321748?pwd=VFVTOUlkQVQ6OjU1UjUyZWY2ZjZlUzU0OQ>
Passcode: 537179

Outreach Clinician Experiences

Increased confidence and comfort level with Spanish and working with the community

Increased knowledge of community partners

Opportunities for new collaborations

Insight into the community and immigrant experiences

Improve cultural sensitivity and support overall clinical work

Engage in new self-reflection practices (e.g. inequalities, barriers, strengths, resiliency)

Challenges

Developing community partnerships takes time and effort

Outreach often requires last minute organizing

Often working outside of traditional, 9-5, hours

Navigating systems that were built to serve dominant culture

Not part of traditional training programs

During Covid

- Direct contact with community members limited
- Internet and technology access barriers

Successes

Creativity, collaboration, and willingness to adapt leads to positive results

Reaching a record number of people through social media and other online platforms
(reach beyond local communities)

Established partnerships lead to further opportunities for connecting with the community,
training and collaborations

Connecting people with mental health services

Reducing barriers and stigma

Bringing values of access and equity into our work

Total number of events completed	77
Total hours of outreach programming	83.5
Total people reached	46,113
Ages of participants	25-85

- **Countries reached:** United States, Mexico, Costa Rica, Ecuador, Peru, Canada, Guatemala, & Colombia
- **Topics addressed:** Stress management, healthy relationships, substance use, education about mental health issues like depression & anxiety, suicide prevention, coping with COVID
- **Additional outreach:** educational videos, community handouts

Outreach Impact: January- December 2020

**HOW CAN YOU
INTEGRATE
OUTREACH AND
SERVICE
LEARNING IN YOUR
WORK?**

Tools for conducting outreach

Develop strong
community
partnerships
(key!)

Credibility

Be flexible, motivated, & humble

Be aware of
mental health
stigma in the
community

Stress management, physical health & somatic concerns

Focus on ***emotional health and wellness*** rather than
mental health

Culturally adapt
service delivery

after consultation with cultural advisors/brokers

INCORPORATING LATINX CULTURAL VALUES

Value	Significance
<i>Personalismo</i>	Friendly, warm, informal interactions
<i>Familismo</i>	Family closeness, loyalty, cooperation, collectivism
<i>Simpatía</i>	Politeness, humility, harmony, avoid conflict and confrontation
<i>Respeto</i>	Respect for authority (e.g., age, gender, social hierarchy, profession)

APPLYING BEST PRACTICES

Personalismo,
plática, icebreakers/
dinámicas, creativity
and sense of humor
are a must

Include families
(*Familismo*)

Avoid jargon
(*Respeto*)

Facilitate activities in
Spanish whenever
possible (*Respeto*)

Bring marketing
materials to events
(*Personalismo*)

- “swag”, raffle prizes

Know your audience
(*Respeto*)

- Level of education,
literacy, religious values



NUESTROS
COLABORADORES
(PARTNERS)





HILLSBORO
SCHOOL DISTRICT



CENTRO CULTURAL
de Washington County



SRE

CONSULADO GENERAL DE
MÉXICO EN SAN DIEGO



Oregon
Health
Authority



TUALITY
HEALTHCARE
An OHSU Partner



Virginia Garcia Memorial
HEALTH CENTER



- School of Pharmacy
- Undergraduate Spanish class
- Dept. of Equity, Diversity, & Inclusion



ADELANTE
MUJERES



Latino Cultural Festival
Potluck in the Park



WASHINGTON COUNTY
OREGON



Coalition of
Communities of
Color

Community
HEALTH AT PROVIDENCE

St. Matthew, St. Andrew, St. Paul, St.
John the Baptist, St. Elizabeth



OREGON LATINX
LEADERSHIP NETWORK



Familias en Acción

DISCUSSION

How does your community organization or community health center engage in outreach as a component of social justice?

How could your organization or community health center incorporate or improve outreach regarding the mental, behavioral, and emotional health of the community you serve?

How can we clear the path to mental health for our community?

What does your organization need to move from a “help-seeking behaviors” perspective to a “*help-giving* behaviors” perspective?



¿PREGUNTAS?



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MUCHAS GRACIAS

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Opportunity to participate in a study on Farmworker resiliency

Oportunidad de participar en una investigación sobre la resiliencia en los trabajadores de campo.

- Requirements
 - You identify as a Latinx, Latino/a, or
 - Hispanic migrant farmworker
 - You currently live in the United States
 - You are an adult (age 18 or older)
 - You speak and read Spanish and/or English
- Requisitos
 - Ser trabajador de campo migrante
 - Identificarse como Latino/Latinx/Hispano
 - Vivir en los Estados Unidos
 - Ser adulto (18 años +)
 - Hablar/leer español y/o inglés
- Contact – Contacto
 - Marisol Beulac - beau5749@pacificu.edu
 - Ashley Poolman - pool6294@pacificu.edu
 - Ruth Zúñiga, PhD - rzuniga@pacificu.edu

https://pacificu.co1.qualtrics.com/jfe/form/SV_0wfFi9IfHPq62h

DINÁMICA
