

10th Annual Summer Institute Innovations in Implementation & Informatics

Sedona, Arizona
July 21 – 24, 2009

Cultural Elements in Treating Hispanic/Latino Populations



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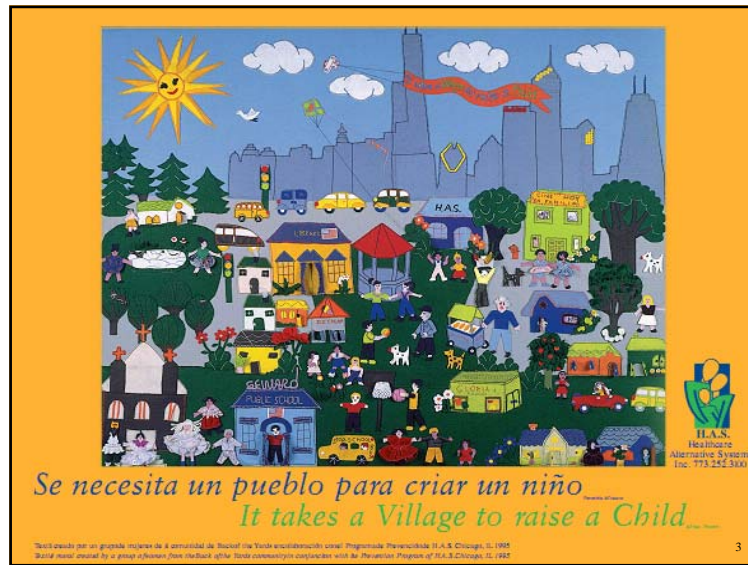
Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA)
Center for Substance Abuse Treatment (CSAT)

1



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."

2



Se necesita un pueblo para criar un niño
It takes a Village to raise a Child...

Traducción por un gran grupo de voluntarios de la comunidad de Bostón. The Trade Association of United Professionals Representing H.A.S. Chicago, IL, 1995.
World record created by a group of volunteers from the Back of the Yards community in conjunction with the Prevention Program of H.A.S. Chicago, IL, 1995

3

Description

The purpose of this training is to become Aware of cultural differences that can influence the healing process of chemically Dependent individuals and their families in the Hispanic/Latino Community. We will focus on describing This diverse population and identifying possible treatment implications.

4

Agenda

- Hispanic/Latino Statistical and Demographic Information
- Definitions
- Hispanic/Latino Culture
- Educational Background and It's Impact on Treatment
- Hispanic/Latino Value System and It's Impact on Treatment
- Machismo/Marianismo
- Hispanic/Latino Women and Treatment
- Health Risks
- Treatment Consideration
- Administrative Consideration
- Policy Consideration

5

Outcomes

At the end of this training, participants will be able to;

1. Identify a wide variety of ethnic groups within the Hispanic/Latino community.
2. Describe the importance of social institutions in this community, such as family and church, and how they can help intervene.
3. List the process of acculturation.
4. Participate in a discussion upon therapeutic implications of these cultural factors in treatment.
5. Know how current substance abuse policies can help or hurt the addicted Hispanic/Latino.

6

Names



Hispano
Latino
Raza
Mestizo
Chicano

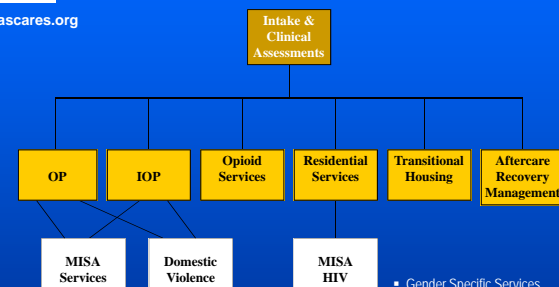
Boricua
Mexican
American
Mexicano
South-American

7



www.hascares.org

Healthcare Alternative Systems Addiction Treatment Services



- Gender Specific Services
- Adult Males & Females
- Co-occurring Disorders
- Dual Diagnose
- Youth Treatment – OP
- 10 Facilities - 8 in Chicago & 2 in the Suburbs

8

Topics About the Hispanic/Latino Population

- Population size and growth
- Geographic distribution
- Current socioeconomic characteristics

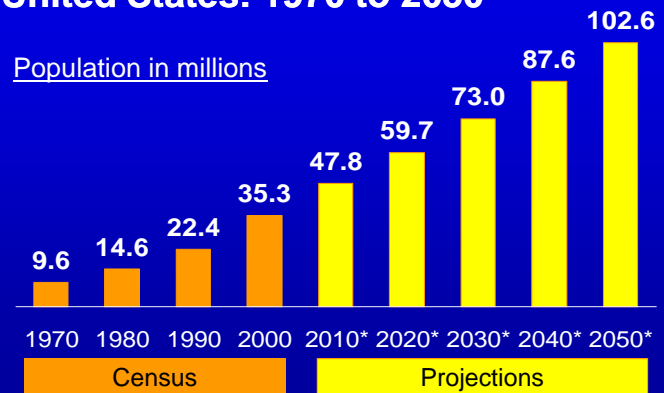


USCENSUSBUREAU

9

Hispanic/Latino Population in the United States: 1970 to 2050

Population in millions

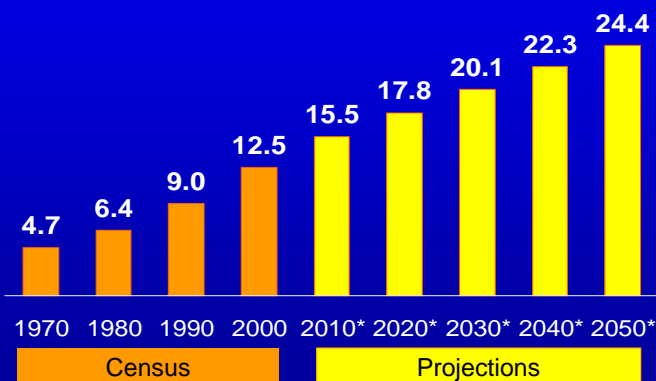


USCENSUSBUREAU

*Projected Population as of July 1 10

Source: U.S. Census Bureau, 1970, 1980, 1990, and 2000 Decennial Censuses; Population Projections, July 1, 2010 to July 1, 2050

Percent Hispanic/Latino of the Total Population in the United States: 1970 to 2050



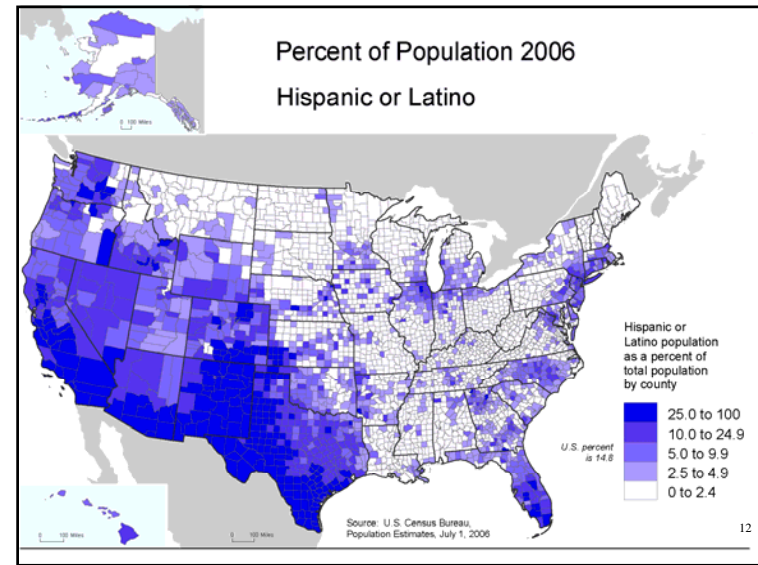
USCENSUSBUREAU

*Projected Population as of July 1 11

Source: U.S. Census Bureau, 1970, 1980, 1990, and 2000 Decennial Censuses; Population Projections, July 1, 2010 to July 1, 2050

Percent of Population 2006

Hispanic or Latino



Current Population Trends in the Hispanic/Latino Population

As of 2007:

- 45,427,437 Hispanic/Latinos, 15.06% of total population of 301,621,159

Between 2000 and 2006:

- Hispanic/Latinos accounted for one-half of the nation's growth
- Hispanic/Latino growth rate (24.3%) was more than three times the growth rate of the total population (6.1%)

USCENSUSBUREAU

13

Top Five States by Hispanic/Latino Population Size: 2006

Rank	State	Population Size
1	California	13,074,156
2	Texas	8,385,139
3	Florida	3,646,499
4	New York	3,139,456
5	Illinois	1,886,933

USCENSUSBUREAU

Source: U.S. Census Bureau, Population Estimates July 1, 2006

14

Top Five States by Hispanic/Latino Growth Rate: 2000 to 2006

(For states with 100,000 or more Hispanic/Latinos in 2006)

Rank	State	Growth Rate (percent)
1	Arkansas	60.9
2	Georgia	59.4
3	South Carolina	57.4
4	Tennessee	55.5
5	North Carolina	54.9

USCENSUSBUREAU

Source: U.S. Census Bureau, Population Estimates July 1, 2000 to July 1, 2006

15

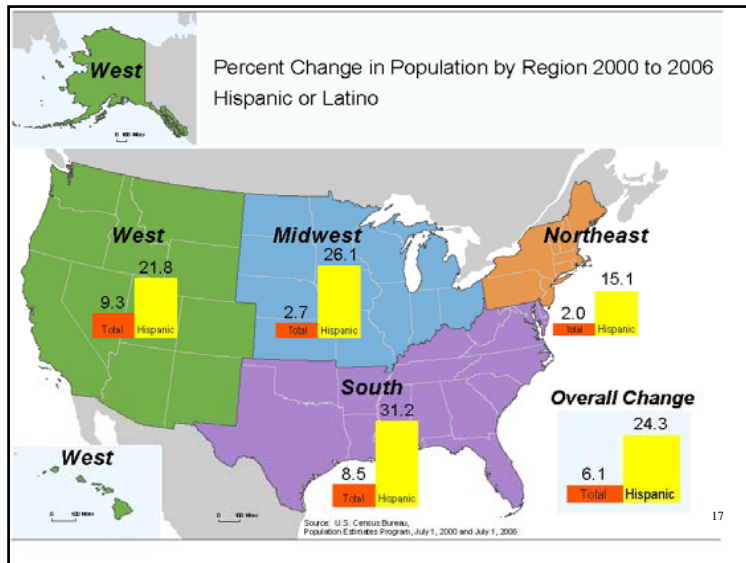
Hispanic/Latino Population by Region: 2006

Rank	Region	Population Size
1	West	18,864,823
2	South	15,376,215
3	Northeast	6,102,314
4	Midwest	3,977,686

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Source: U.S. Census Bureau, Population Estimates July 1, 2006

16



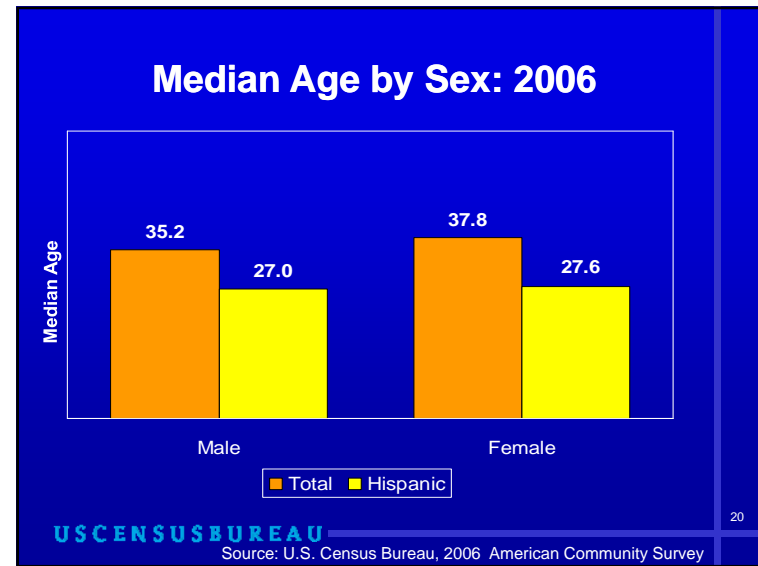
Hispanic/Latino Origin by Type: 2006

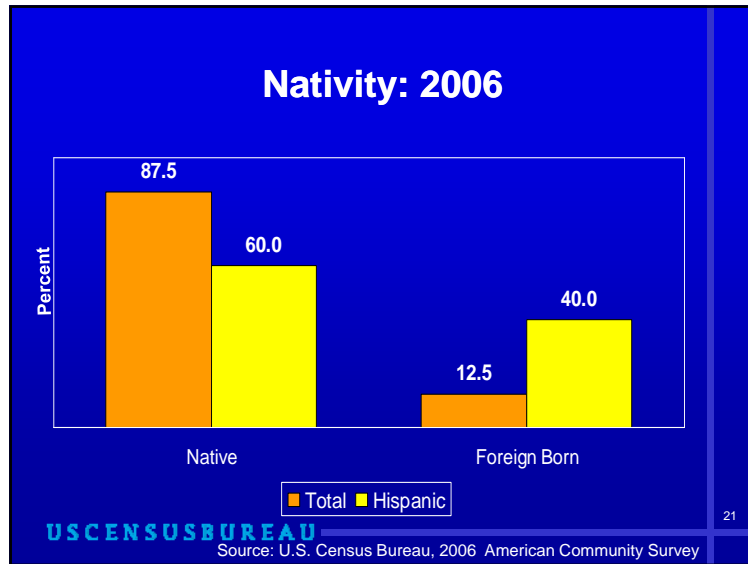
Type of origin	Number	Percent
Total	44,252,278	100.0
Mexican	28,339,354	64.0
Puerto Rican	3,987,947	9.0
Cuban	1,520,276	3.4
Dominican	1,217,225	2.8
Central American	3,372,090	7.6
South American	2,421,297	5.5
Other Hispanic/Latino	3,394,089	7.7

USCENSUSBUREAU
Source: U.S. Census Bureau, 2006 American Community Survey

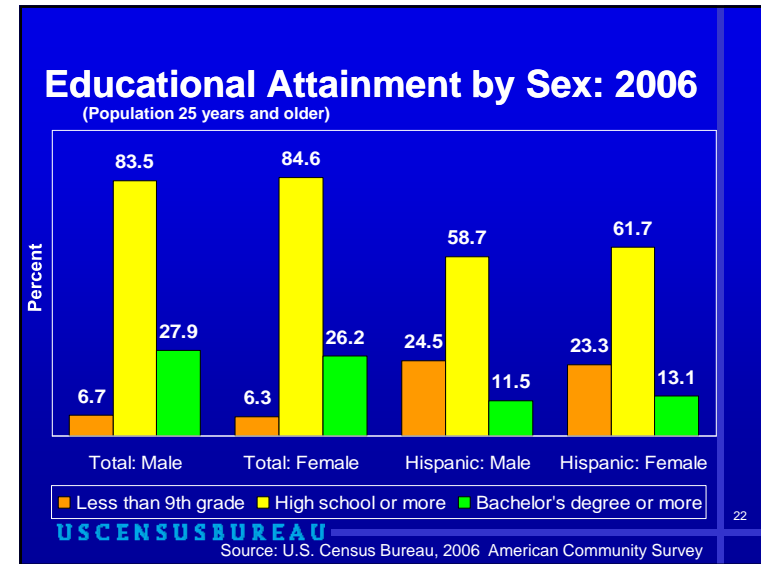
SOCIOECONOMIC CHARACTERISTICS

USCENSUSBUREAU

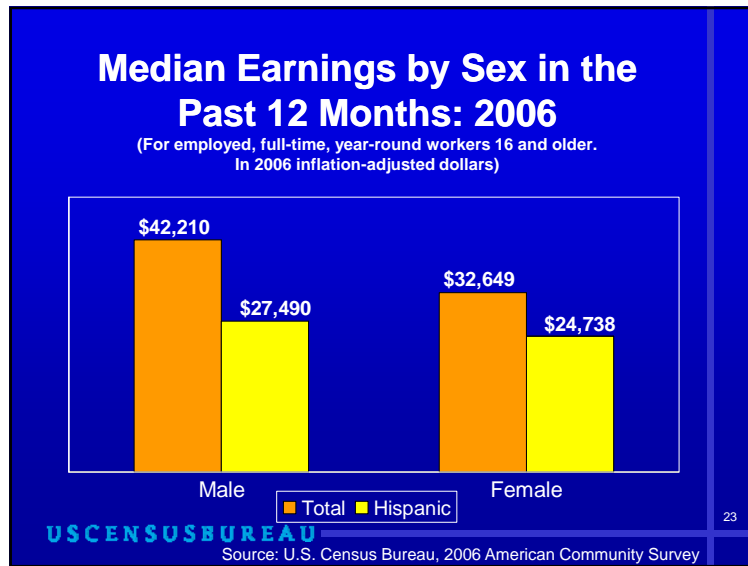




21



22



23

U.S. Census Bureau General Demographics Characteristics Arizona State

Total Population as of July 2007 – 6,338,755
 Males = 3,173,144 Females = 3,165,611

Total Hispanic Population = 1,878,097
 Males 51.9% Female 48.1%

Total Mexican Population – 1,666,570
 Male – 869,949 (52.2%) Female – 796,620 (47.8%)

All Other Hispanic/Latino = 176,083
 Puerto Rican
 Cuban
 Central and South America

Median Age by Race
 Total 35.1
 White 36.4
 African American 28.5
 Hispanic 26.1

24

Hispanic Population Estimated Geographic 2007

Phoenix City

Total Population	Hispanic Population	
1,440,018	597,549	41.5%
Males 735,979		
Females 704,039		

Tulsa City

Total Population	Hispanic Population	
520,482	205,793	39.5%
Males 257,955		
Females 262,527		

Mesa City

Total Population	Hispanic Population	
478,014	122,610	25.6%
Males 244,044		
Females 233,970		

25

Hispanic Population Estimated Geographic 2007

Glendale City

Total Population	Hispanic Population	
239,178	81,569	34.1%
Males 120,558		
Females 118,620		

Chander City

Total Population	Hispanic Population	
236,726	49,204	20.8%
Males 118,234		
Females 118,429		

Scotts Dale City

Total Population	Hispanic Population	
215,723	17,650	8.2%
Males 105,198		
Females 110,525		

26

Hispanic Population Estimated Geographic 2007

Gilbert Town

Total Population	Hispanic Population	
183,848	26,028	14.2%
Males 91,877		
Females 91,971		

Tempe City

Total Population	Hispanic Population	
167,141	36,769	22%
Males 87,669		
Females 79,422		

27

For More Information

For more information about the Hispanic/Latino population of the United States visit the Census Bureau's website at:

www.census.gov

The screenshot shows the U.S. Census Bureau website interface. At the top, there is a search bar and navigation links for 'Subjects A to Z', 'FAQs', 'Privacy Policy', and 'Help'. The main content area is divided into several sections: 'New on the Site' with links to 'Hispanic Heritage Month', 'Data Tools', 'American Factfinder', 'Jobs@Census', 'Catalog', 'Publications', 'Are You in a Survey?', 'About the Bureau', 'Regional Offices', 'Doing Business with Us', and 'Related Sites'; 'People & Households' with links to 'Elderly', 'American Community Survey', 'Immigrants', 'Income & State Median Income', 'Family', 'Health Insurance', 'International', 'Cuban', and 'More'; 'Business & Industry' with links to 'Economic Census', 'Economic Indicators', 'Get ready with Your Firm', 'NSIC', 'Survey of Business Owners', 'Government', 'E-Shop', 'Export Trade', 'Export Codes', 'Local Employment Dynamics', and 'More'; 'Geography' with links to 'Maps', 'TIGER', 'Disclaimer', and 'More'; 'Newroom' with links to 'Elections', 'Facts For Families', 'Month Links', 'Broadcast & Photo Services', 'E-mail notices', 'News Subscriptions', and 'More'; and 'Special Topics' with links to 'Hurricane Data and Emergency Preparedness', 'Census Calendar', 'Training', 'For Teachers & Students', 'Statistical Abstract', 'FastFacts', and 'USA.gov'. On the right side, there is a 'Data Finders' section with 'Population Clocks' showing 'U.S. 303,091,115' and 'World 6,629,736,675', a 'Population Finder' with a search box for 'City, town, county, or zip', and 'Latest Economic Indicators' with links to 'Monthly Economic Trade, Sales and Inventories' and 'Quarterly Economic Report - Rate Trade'. At the bottom, there is a footer with 'U.S. CENSUS BUREAU', 'Accessibility', 'Information Quality', 'Data Protection & Privacy Policy', 'FOIA', and 'U.S. Dept of Commerce'.

28

Importance of “Cultural Competence”

- **Cultural competence:** is an approach to delivering services in the most meaningful cultural, gender-sensitive, and age-appropriate context for the people being served.
 - This includes being responsive to the cultural concerns of racial and ethnic minority groups, including their languages, histories, traditions, beliefs, and values.
- **The goal:** to improve the quality of care and help people recover quicker and better.

29

- **Race:** A group of people distinguished by genetically transmitted physical characteristics (Caucasian, African, Indian or Asian). A group of people united by a common history, nationality or tradition.
- **Hispanic is not a race**
- **Hispanic/Latino:**
 - Of or relating to Spain Spanish-speaking Latin America.
 - A Spanish-speaking person.
 - A U.S. citizen or resident of Latin America or Spanish descent.

30

- **Ethnic:** Of or relating to sizeable groups of people sharing a common and distinctive racial, national, religious, linguistic, or cultural heritage.
- **Culture:** “the shared values, traditions, norms, customs, art, history, folklore and institutions of people who are unified by race, ethnicity, language, nationality, religion or other commonly shared identities.

31

Usage note: There are a number of words such as Hispanic, Latino, Chicano and Spanish American, denoting person who traces their origins to a Spanish speaking country or culture. Hispanic is arguably the broadest of these terms, encompassing all Spanish-speaking peoples in both hemispheres and emphasizing the common denominator of language between otherwise diverse communities.

Latino, however is favored among many as a term of greater ethnic pride.

32

- **Acculturation**

- From a *social skills* perspective, acculturation involves the learning of new skills needed to function productively in the new society or environment. However, strong acculturation does not necessarily require a loss of ethnic identity.

- **Acculturation**: including beliefs and behaviors, as the individual or group learns the ways of the new/dominant culture. This includes changes in language, norms, and preferences for food, clothes, recreational activities, etc.

33

- **Assimilation is defined as:**

- the complete loss of ethnic identity resulting from the individual's incorporation into the cultural group of the dominant society. Complete assimilation leads to complete loss of identity.*

- *The presence of discrimination can prompt efforts to assimilate, to "fit in" in order to avoid discrimination by adopting the beliefs, behaviors, and identity of members of the dominant society.*

34

- **Transculturation**: Describes the social adeptness for navigating in different cultural contexts as is expected in each context. For example, being able to talk with elders and demonstrate respect when at the "abuelito's" (grandfather's) home, while also being able to be confrontational or competitive in negotiations in the business world.

35

- **Transculturation**: Describes the ability, capacity, and skills in interpreting the cultural distinctions and nuances of behavior in both the traditional and the mainstream dominant culture.

- Transcultural ability varies greatly from individual to individual. Some can operate over a wide range of "grey area", while others may have a more limited repertoire.*

36

Cultural Orientation: Four Major Ethnic Types within an Ethnic/Racial Group

HISPANICS	Traditional/ Separatist	Bilingual/ Bicultural	Assimilated/ Acculturated	Marginalized
• Language	Speaks mostly or only own ethnic language.	Speaks English and own ethnic language about equally well.	Speaks mostly English.	Likely to speak English.
• Self-Concept	Identifies mostly with own ethnic culture; some identification with the dominant culture.	Identifies both with the dominant culture and with own ethnic culture.	Identifies mostly with the White dominant culture; some identification with own ethnic culture.	Identifies with no specific culture; sees self solely as an individual.
• Attitude Towards Ethnicity	Positive attitude towards own ethnic culture; some interest in the dominant culture.	Positive attitude towards both the dominant and ethnic culture, and towards other ethnic cultures.	Positive attitude towards the dominant culture; ambivalence about issues of race and ethnicity.	Neutral attitude towards ethnicity; no feelings of pride or of belonging to any ethnic/cultural group
• Social and Political Involvements	Involved mostly with people from own ethnic culture and community.	Involved with people from the dominant and ethnic cultures and communities.	Involved mostly with people from the dominant culture and community.	Indifference towards others from own ethnic/racial or cultural group.

37

General Characteristics

- Hispanic/Latinos are not a homogenous group in the sense that they share a common history, heritage, values, and traditions.
- Basic unit is the family, which includes extended family and non-blood relatives (compadrazgo).
- Language used can be Spanish, English or “Spanglish” a hybrid of the two.

38

General Characteristics *continued...*

- While categorization is helpful there are individual differences in areas such as education, socioeconomic status, religion, country of origin, and level of acculturation.
- Life factors such as family size, birth order, family mobility, authoritarian parenting, and family protectiveness also impact family functioning.

39

Traditional Practices, Cultural Values, and Beliefs

- Familism
- Confianza
- Simpatia
- Respeto
- Personalismo
- Espiritualismo
- Orgullo
- Marianismo
- Machismo
- Time Informality
- Strong Social Expectations
- Reference for Elders

40

Characteristics

- The strong family orientation of Hispanic/Latino culture results in a tendency to seek solutions to problems, including those related to alcohol and drug abuse, within the family unit. The extended nature of the Hispanic/
- Latino family may often result in the sharing of problems and the seeking of advice among extended family members.

41

Personalismo (personalism)

- Refers to the Hispanic/Latino's emphasis on, and orientation towards close interpersonal relationships and friendship. Hispanic/Latinos like to think of themselves as being friendly and hospitable, and will strive to be viewed as simpatico. No direct translation exists for this important term, which encompasses such qualities as being charming, congenial, agreeable, open and outgoing.
- Behaviors of qualities that express this cultural norm include loyalty, honesty and generosity toward one's friends; hospitality towards others; a sense of mutual trust ("confianza"); and a willingness to help others (to be servicial).

42

- Many Hispanic/Latinos are not direct.
- The relationship needs to be stabilized before they open up.
- Being polite or "respectful" is an important value, particularly with authority figures. For this reason, some Latinas appear to yield easily to requests. It is important to verify whether the worker's suggestions fit her temperament, beliefs, and safety needs.

43

Familismo (Familism)

- Refers to the emphasis on both the immediate and extended family as a supportive and helpful network that provides a profound sense of belonging, identity, and purpose.
- "For the Hispanic/Latino, the family is at the center of daily life."
- Intervention Tool – The family can help intercede and provide support.

44

Respect

- The allocentric-related value that all individuals be treated with respect fosters the aspect of “respeto” which is common to Hispanic/Latino interpersonal relationships (ex: people or authority or education are given respect).

Intervention tool: Use it to help.

45

Machismo

- In its strictest sense the definition of Machismo has a sexual and aggressive connotation which is equated with manliness (characterized by the energy and drive considered typical of a man or men).
- In its broadest sense, it encompasses a cluster of traits that govern the behavior for Hispanic/Latino men. Usually, the traits are stereotyped negatively, but they are highly valued by Hispanic/Latino men.

46

The Macho Man

Maximizes	Excessive
Courage	Obnoxious aggressive behavior
Fearlessness	Lead to take inappropriate and unnecessary risks
Pride	Arrogance
Honor	Justify revengeful motives used as a rationale to control women
Charisma and Leadership	Tyrant father, Caudillo - Dictador

47

Marianismo

- This concept refers to the traditional Catholic worship of the Virgin Mary, and her characterization as the ideal woman and mother.

In this ideology, Mary embodies traits and behaviors that reflect the proper role of the Latina woman in the family and in society: pure mind, body and spirit, generous and giving, and ready to make the ultimate sacrifice for her family.

- As the Latina woman learns to live in U.S. society, traditional roles and norms are often challenged, bringing stress and conflict to relationships within the family.

48

Important Social Institution

- Family: Support System extended family includes Grandparents, Aunts, Uncles, Cousins and Godparents (Compadres/Comadres).
- Families live together (ex: Grandparents at home).
- Work: great pride in their ability to be a “bread winner”.
- Church: The majority of Hispanic/Latino are Catholic. Church plays a major role for families. Hispanic/Latinos rely on their faith (ex: Marianismo: role of female martyr. Church gives hope)

Intervention Tool: When possible bring in these important social institutions to help support the client.

49

Clinical Issues to Consider with Latinas

- Concepts such as “feminism” and “women’s rights” are largely based on the degree of acculturation or assimilation to the values, principles, and practices espoused by the main culture.

(Kanuha, 1994). Traditional Culture.

50

Acculturation issues and problems as they relate to addictions in the Hispanic/Latino community.

- Poverty and occupational opportunities
- Culture and Value Orientation
- Language and Bilinguality
- Migration and Mobility
- Societal Perceptions
- Adaptability to dominant culture

51

- Unemployment – a threat to self esteem, economic instability, (menial jobs).
- Discrimination: creates resentments (immigration, institutions, racism).
- Poor Housing: promotes isolation and conditioning to accept a poor environment (Asi lo quiere Dios).

52

Ethnic Traditional Values	Dominant Contemporary
Age, wisdom, experience (abuelos, respect seniors, valor de la experiencia de la vida)	Youth Oriented Academic
Harmony with nature varied perception of time (sera lo que Dios quiera, primero Dios)	Control over nature Here-Now
Intact ethnic identity	Diffuse ethnic identity
Value of process relationships, sharing	Product Oriented

53

Ethnic Traditional Values	Dominant Contemporary
Non Verbal (Gente de pocas palabras)	Verbal Speak Up
Passivity, Deference (respect Mr., Dn.)	Assertive
Cooperation, Sharing (extended family) (vecinos) Mi casa su casa, Mi casa a sus ordenes. (compadres networking)	Competitiveness self-reliance individual/independence
Word of honor & loyalty <ul style="list-style-type: none"> la palabra de honor honor de la familia 	Written contract law
Non display in public of affection	Public display of sexuality

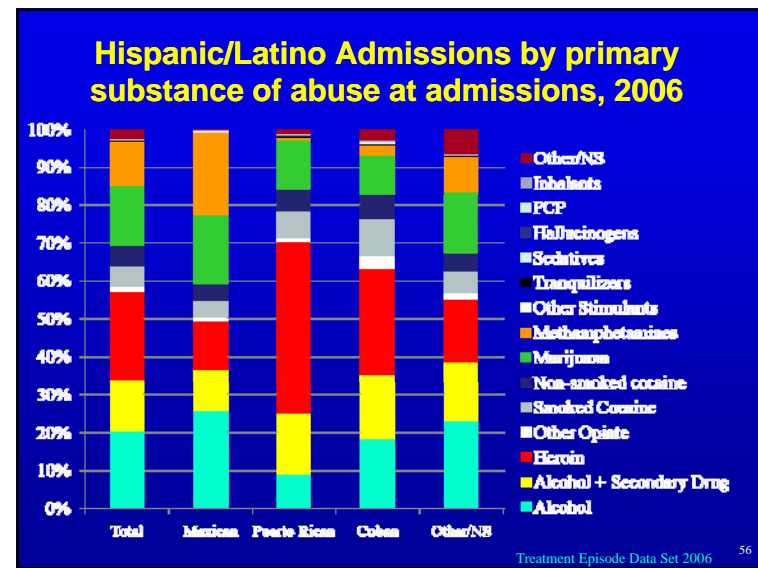
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Unmet Need in the Hispanic/Latino Community

- In 2007, there was an estimated 2,933,000 Hispanic/Latinos who needed treatment for an illicit drug or alcohol problem in the past year.
- However, only 177,000 actually received care in a specialty facility.
- Consequently, 2,756,000 did not receive the necessary care for their illicit drug or alcohol problem.
 - ✓6% of those who needed care got it
 - ✓94% of those who needed care did not get it

Source: NSDUH 2007

55



56

Principles of Drug Addiction Treatment

1. **No single treatment is appropriate for all individuals:** importance of client-treatment matching.
2. **Treatment needs be readily available** – Delay in treatment yields loss of clients.
3. **Effective treatment attends to multiple needs, not just drug use** – Address medical, psychological, social, vocational, legal, other needs.
4. **Continuous assessment and modification of treatment plan** – Best to monitor changing needs and responding accordingly.
5. **Remaining in treatment for adequate time is crucial to success** – Need retain clients in treatment for at least 3 months.
6. **Counseling and behavioral therapies are crucial components** – Address motivation, skill building, problem solving, etc.

Source: National Institute of Drug Abuse. (1999). *Principles of drug addiction treatment: A research-based guide*. NIH Publication No. 99-4180. Rockville, MD: National Institute on Drug Abuse.

57

Preparedness for Treatment and Stages of Change

- A client unprepared to enter treatment will not voluntarily participate in any aspect of treatment.
 - Among alcoholics and illicit drug users, **denial** is one of the most persistent mechanisms of defense or maladaptive coping responses.

Five stages of change (Prochaska, DiClemente, & Norcross 1997)

1. **Precontemplation** – Not thinking about it
2. **Contemplation** – Willing to consider change
3. **Preparation** – Getting ready for change
4. **Action** – Plunging into action
5. **Maintenance** – Making sure to keep the change

Ten Process of Change actions

Source: Prochaska, J., DiClemente, C., & Norcross, J.C. (1997). In search of how people change: Applications to addictive behaviors. In G.A. Marlatt & G.R. VandenBos (Eds.), *Addictive Behaviors: Readings in Etiology, Prevention, and Treatment*. Washington, DC: American Psychological Association.

58

We Face Multiple Challenges

- Reaching those in need of services
- Providing adequate resources
- Developing culturally-appropriate, evidence-based interventions
- Building and sustaining a qualified workforce
- Integrating substance use disorder services into the public health paradigm model

59

Administrative Considerations

- Materials Linguistically Appropriate
- Set Standards for Cultural Competence
- Appropriate Environment
- Human Resource Issues
 - Build Teams
 - Compensation
- Community Outreach
- Process and Outcome Measures

60

Policy Considerations

- Dedicated funding for Hispanic/Latino services
- Advocate flexible credentialing requirements
- Standards for culturally competent agencies and services
- Monitor statewide service access and utilization.
- Identify and address barriers
 - i.e.: legalization for undocumented Hispanic/Latinos
 - Unemployment
 - Career opportunities

61

Policies for Addiction Interventions

- State Laws on DUI
- Insurance providers/managed care
- National Policies
 - Drug Free Workplace (EAP)
- Health Insurance Portability Accountability Act (HIPAA)
- Parity Law for mental health and substance abuse treatment

62

Suggested Policies Addressing the Hispanic/Latino Population

- Equity and parity in services and funding for services
- Culturally sensitive programs
- Research for Hispanic/Latinos in primary and behavioral care
- Address the needs of the under-insured and not insured
- Reduction of stigma and stereotyping of Hispanic/Latinos and substance abusers
- Addresses the need for a multi-cultural workforce

63

Summary

The Therapeutic implication of Hispanic/Latino Culture Factors in Successful Treatment

1. Because of the fast growing population you will probably be working with Hispanic/Latino clients.
2. Remember some Hispanic/Latino values may differ from yours, be respectful of their framework.
3. Use traditional Hispanic/Latino values to help the client. EX: Use the authority given to you in a positive way to demonstrate a client will gain their respect again through sobriety/to bare clean of drugs).
4. Be cognizant of the person's experience as a Hispanic/Latino in the main culture.
5. Use the family and the church as a viable support network for Hispanic/Latino clients when possible.

64



Healthcare Alternative Systems, Inc.

Presents...

The Recovery Management Project:

Bringing Passion, Life, and the Community into Recovery.

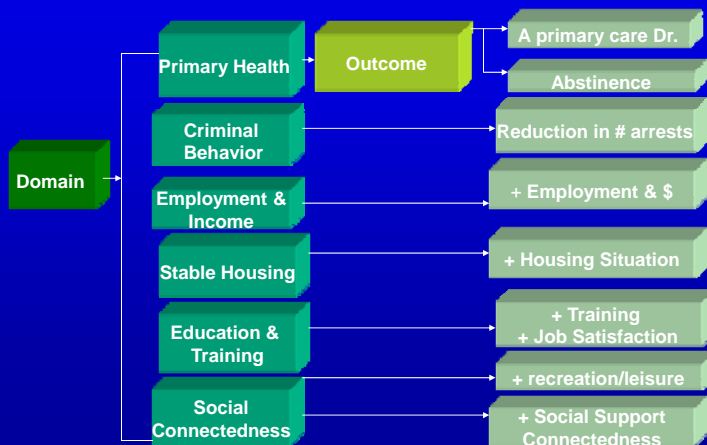
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Model



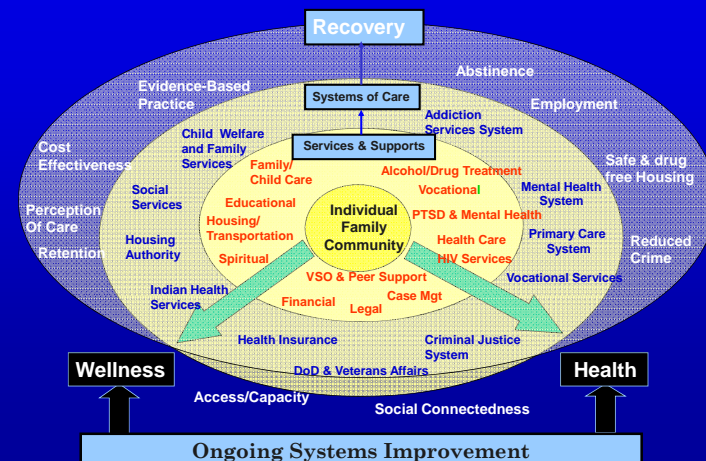
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Improved Individual Outcomes



67

The System



68

Key Components:

- Diverse Recovery Management Team
- Training
- Intervention
- Building and partnering with the larger construct of the recovery community.
- Utilizing evidence based practices.
- Embracing multiple pathways to recovery
- Enhance pre-recovery engagement, initiation, and long-term maintenance.
- Acknowledging and addressing the holistic themes of a successful recovery such as primary health, education, employment, family, community integration, and recreational activities
- Evaluation

69

Program Goals:

- Increase the success of individuals achieving and maintaining a qualitative and meaningful recovery from drug/alcohol use.
- Contribute to the future service delivery in this field.
- Network with the larger community supports to build a recovery environment

70

Addiction Severity Index

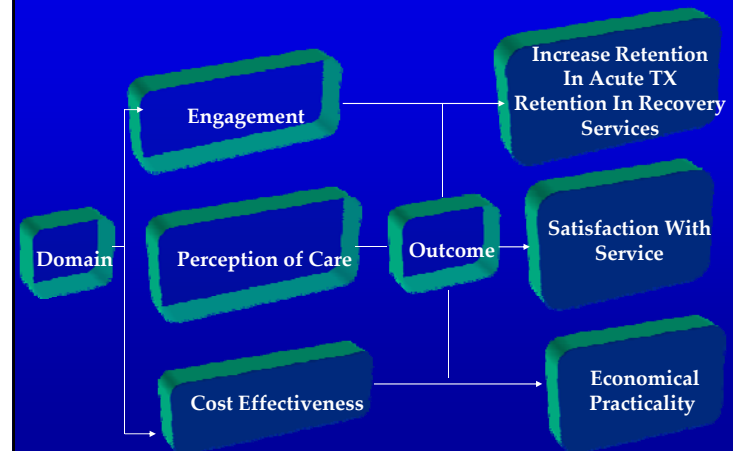
Covers Lifetime Assessment of 7 Possible Problem Areas



- High Reliability and Validity
- Developed by Thomas McLellan, Ph.D. and colleagues 1980
- Spanish Version
- 200 Items with the above 7 subscales
- Administration approximately 1 hour
- Follow-up evaluation that is valid/reliable over the phone.

71

Program Process Outcomes



72