Voice of the Consumer Project: Key Informant and Focus Group Findings
"The research department says things look bad quantitatively, but qualitatively we're in good shape."
Key Informant and Focus Groups

“If you wish to know the road up the mountain, you must ask the man who goes back and forth on it.”

-- Zenrinkusi
## Focus Groups Versus Depth Interviews

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Focus Groups</th>
<th>Depth Interviews</th>
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<tbody>
<tr>
<td>Group synergy and dynamics</td>
<td>+</td>
<td>-</td>
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<tr>
<td>Peer pressure/group influence</td>
<td>-</td>
<td>+</td>
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<tr>
<td>Client involvement</td>
<td>+</td>
<td>-</td>
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<tr>
<td>Generation of innovative ideas</td>
<td>+</td>
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<tr>
<td>Indepth probing of individuals</td>
<td>-</td>
<td>+</td>
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<tr>
<td>Uncovering hidden motives</td>
<td>-</td>
<td>+</td>
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<tr>
<td>Discussion of sensitive topics</td>
<td>-</td>
<td>+</td>
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<tr>
<td>Interviewing respondents who are competitors</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Interviewing respondents who are professionals</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Scheduling of respondents</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Amount of information</td>
<td>+</td>
<td>-</td>
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<tr>
<td>Bias in moderation and interpretation</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Cost per respondent</td>
<td>+</td>
<td>-</td>
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**Note:** A + indicates a relative advantage over the other procedure, a - indicates a relative disadvantage.
Latinos Younger than Age 18

• One in four Americans under age 18 is Hispanic.

• More than 95% of Latino children are U.S.-born citizens.

• More than half of U.S. Latino children (54%) have a foreign-born parent.

• A majority (48%) of Latino children are second-generation, while 46% are third-generation and 6% are first-generation.

• One-third of Hispanic children live in poverty, and 62% live in low-income families
The Impact of Acculturative Stress

Differential acculturation patterns and rates among family members has lead to parent-child conflict, which contributes to acculturative stress.

Acculturative stress among Latino adolescents, especially in the presence of perceived discrimination and family conflict, was mentioned as a cause of low self esteem, depression, social withdrawal, substance abuse, aggression, delinquent behavior, and suicidal behavior.
The Brain on Stress

How We Lose It

The area just behind your forehead is the brain’s executive control center. The prefrontal cortex, as it is known, is responsible for our ability to inhibit inappropriate impulses. Ordinary, everyday acute stresses are capable, however, of undermining this basic sense of self-control, allowing emotionality and impulsivity to take over.

Unstressed
Signals from the prefrontal cortex move to areas deep within the brain to regulate our habits (striatum), basic appetites such as hunger, sex and aggression (hypothalamus), and emotional responses such as fear (amygdala). The prefrontal cortex also regulates the stress responses from the brain stem, including the activity of neurons that make norepinephrine and dopamine. Moderate levels of these two neurotransmitters engage receptors that strengthen connections to the prefrontal cortex (inset).

Stressed
The amygdala commands the production of excess norepinephrine and dopamine under stressful conditions. That, in turn, shuts down the functioning of the prefrontal cortex but strengthens activity in the striatum and the amygdala. High levels of norepinephrine and dopamine in the prefrontal cortex switch on receptors that open channels that disconnect the links between prefrontal neurons, thus weakening that area’s role in controlling emotional responses.
What Are the Biggest Risk Factors?

- Poverty
- Violence and Trauma
- Racism and Oppression
- Migration History
- Immigration Status
- Acculturative Stress
- Poor Educational Achievement
- Lack of Access to Services
- Cultural Barriers to Help-Seeking
What Are the Biggest Protective Factors?

- Familism
- Collectivism
- Personalism
- Respect
- Religion and Spirituality
- Bilingualism and Biculturalism
- Academic Achievement
- Social Networks
- Involvement in Latino Culture
Findings
General Perceptions

• Mental health and mental illness were described as major concerns in the Latino communities where focus groups took place. Participants reported both witnessing and experiencing a variety of mental health challenges, including depression, anxiety, post-traumatic stress disorder (PTSD), and substance abuse.

• Mental illness was described as poorly understood, with symptoms—and their implications—often unrecognized, leading to delays in diagnosis and treatment.
Perceived Causes of Poor Mental Health

- Lack of resources
- Political climate
- Violence
- Trauma
- Stress
Access to Care and Services

- Stigma;
- Lack of awareness of existing mental health services;
- Cost of care;
- Political climate; and,
- Lack of culturally and linguistically appropriate services
Cultural Values Influence Attitudes and Beliefs About Mental Health

• **Familism:** Most Latinos strongly prioritize the family, which they view as a critical support system that provides emotional and material sustenance.

• **Collectivism:** Many Latinos also value cooperation and collectivism, emphasizing the group rather than the individual. Hispanic communities are often tight-knit, and youth are taught values that focus on cooperation rather than individual achievement and competitiveness.

• **Respect:** Showing and maintaining respect toward others, in particular authority figures such as parents, elders, leaders, and teachers is a core Latino value. Many Hispanic parents rank respectfulness and obedience among children over assertiveness and independence.

• **Fatalism:** A related cultural trait that is sometimes ascribed to Latinos, particularly poorer immigrants, is fatalism, or the belief that life’s events are inevitable, destined or controlled by a higher power.
Barriers to Mental Health Services

• The high cost of health services, low wages, poor transportation, work stress, and immigration factors all pose barriers to accessing mental health services for Latino families and their children.

• The lack of linguistically and culturally appropriate services, and a lack of information about where to find such services, decreases the likelihood that Hispanic families well seek help.

• Cultural elements such as the fear of stigma associated with psychological issues, and reliance on spirituality, religion, and the family as primary support mechanisms in times of psychological vulnerability reduce the chances that Latinos will seek mental health services.
Curriculum

1. Introduction and evaluation
2. Concept building
3. Feelings
4. Stress overview
5. Acculturation stress
6. Economic/occupational stress
   - School-related stress
7. Parental stress part I
   - Negative peer pressure
8. Family stress, part I
9. Family stress, part II
10. Gang prevention
11. Substance abuse education
12. Evaluation and celebration
RMHP Care Coordinators

• Work with care coordinators to provide FA to the Spanish speaking Latino community in Larimer County
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