TERAPIA PARA LA COMUNIDAD

Engaging Latinx in Therapy
Introduction

About Me & You
What brings you to this session?

- First Generation Mexican American
- First Generation College Graduate
- Graduate of University of Central Florida
- Social worker for 15 years
- In Private Practice for 3 Years
- Prior to private practice, 12 years as School Social Worker
Quick note on terminology

LatinX or Latino or Hispanic
33% of Hispanic people with mental illness receive treatment compared to 49% white Americans.

Hispanics are 25% less likely to be treated for depression than non-Hispanic whites.

2 million Hispanic Americans did not get the care they needed in 2018.

Less than 6% of psychologists provide services in Spanish.

Estimates Hispanics 18.3 % of the population or 59.8 million people

27% of Floridians are Hispanic
Software Pundit via SimplePractice

Hispanic American Mental Health Care Gap to Reach Almost $500 Million by 2030

USA Today

Habla Español? Hispanics face growing mental health care crisis

Jared Weber  USA TODAY
Published 12:54 p.m. ET Jul. 17, 2019 | Updated 9:39 p.m. ET Aug. 16, 2019
THE DEMAND

In our communities, there is a need for Spanish speaking therapists AND therapists culturally competent to treat English speaking Latinx.
Barriers to Latinx Seeking Therapy

• Language
• Stigma
• Misinformation

• Lack of information
• Family dynamics
• Shame
Practical Tips in 4 categories

1. Marketing
2. Networking & Collaboration
3. Psycho-education
4. Continued Training
Marketing Strategies

• If Spanish speaking, providing all content in both languages, especially on website.
• If English speaking, provide stock images on resources of diverse populations.
• Facebook & Instagram posts and live videos which can be downloaded and added to YouTube and your website
• Collaborate with other therapists on podcasts, blogs, and live interviews
Examples

VIVIENDO CON ANSIEDAD –

YESENIA RETA, LCSW DE BRADENTON,
FLORIDA

"Más de 25% de adolescentes estadounidenses de entre los 18 y 64 años tendrían un trastorno de ansiedad que pueda diagnosticarse en un año, según Mental Health America. Este porcentaje representa 42,5 millones de personas."

Bienvenidos a sesión 8. Hoy me invitan a Yezenia Reta, trabajadora social clínica de Bradenton, Florida. Hoy Yezenia y yo combinaremos nuestras especialidades de ansiedad y colaboraremos en este segmento.

Hablaremos de la definición de la ansiedad clínica, los síntomas de la ansiedad, causas de donde viene la ansiedad y cómo puede apoyar a alguien que sufre de ansiedad. Hablaremos también de técnicas que uno puede usar si está sufriendo con ansiedad.

Al final del segmento, va escribir su nombre puede entrar al concurso para ganar una camisa del LatinTherapy podcast. El concurso se cierra el domingo 21 de abril a las 11:59PM. Luego le enviaremos la camisa. Vaya a encontrar el ganador en su feed social y déjame saber si gano el mismo o el próximo jueves. Por favor deje su aporte de las redes sociales en su comentarios del podcast.

Fullness of Life Counseling, LLC
8 subscribers

Anxiety 101

"According to Mental Health America, over 22% of American adults between the ages of 18 and 64 will have a diagnosable anxiety disorder in a given year, that number represents 42.5 million people."

Welcome to session 9. Today Yezenia Reta, LCSW, and I bring our anxiety specialization into our interview for you. We define what anxiety is, go over different types of anxiety, review anxiety in our culture, and the symptoms that anxiety brings. We also go over when anxiety comes and bring in some useful tools to help you combat anxiety.

Towards the end of the interview, I announce how to enter into the LatinTherapy Podcast T-shirt giveaway! Contest ends Sunday, May 22 at 11:59PM (Pacific Time). Winner will be announced next Sunday during the session.

Find Yezenia on www.fullnessoflifecounseling.com Her Instagram is @CounselingBradenton and her FB is Fullness of Life Counseling.

If you would like to share your experiences with anxiety, feel free to email me at latintherapypodcast@gmail.com or find me on any social media site. Twitter, Facebook or Instagram of LatinTherapy. If you’re interested in supporting the podcast, our Venmo is @LatinTherapy. Any support is deeply appreciated.
Networking & Collaboration

• Top networking resources: other therapists, doctors, clergy and pastors, community leaders
• Consult and collaborate with other therapists who are providing services to LatinX in Spanish or English
• Seek and pay for case consultation or join consultation groups
• Participate in community fairs and Latinx professional groups that include other fields (Latin Chamber of Commerce)
Psycho-education

• Providing psycho-education about therapy or topics like anxiety, depression, parenting, couples, and relationships in general
  • Online marketing
  • Longer consultations (30 min vs. 15 min)
  • Mental health open house (screen for anxiety and depression)
  • Workshops (Online or in person)
  • Speaking engagements
  • Group Counseling for LatinX about Anxiety
Examples

**TEAM SUCCESS CHARTER SCHOOL TE INVITA A**

**Padres Activos**

6 TALLERES SOBRE LA CRANZA
Facilitado por YSENIA RUIZ, LCSW Psicoterapeuta
**Miércoles 9/5-10/10 8:30-10:30**
Regístrese en Team Success o con Ysenia [941] 800-1513

Acompañado por Harley Foundation

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**ANXIETY 101**

FOR YOUNG ADULTS AGES 18-25

4 WEEKLY SESSIONS TUESDAYS AT 2:00PM BEGINNING JUNE 4

Fullness of Life COUNSELING

TEXT [941] 800-1513 FOR MORE INFORMATION

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Comenzando Noviembre 7 9:00am-10:30 am

$25 cada sesión o $120 por 6 semanas

Regístrese llameando a Ysenia al [941] 800-1513
Continued Training

• Seek training opportunities which are growing and available
  • Podcasts
  • Webinars
  • Colleges & Universities
  • Trauma Training
  • Couples and Family Therapy
Resources

LatinX Therapy  
Emotions in Harmony  
National Latino Behavioral Health Association  
Therapy for Latinx  
Mental Health America  
Health  
National Alliance on Mental Illness Hispanic  

http://www.latinxtherapy.com/  
http://www.emotionsinharmony.org  
http://www.nlbha.org  
http://www.therapyforlatinx.com  
https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health  
https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Latinx-
References

NAMI-Latinx/Hispanic

Hispanic American Mental Health Care Gap to Reach Almost $500 Million by 2030
https://www.simplepractice.com/blog/hispanic-american-mental-health-care-gap/

Habla Español? Hispanics face growing mental health care crisis

2015 APA Survey of Psychology Health Service Providers

United States Census Bureau
https://data.census.gov/cedsci/table?q=hispanic%20or%20latino%20by%20state&t=Hispanic%20or%20Latino&tid=ACS%20DP1%202018%20DP05&hidePreview=false
THANK YOU!

Questions?