

CHALLENGES FACED BY LATINO YOUTH

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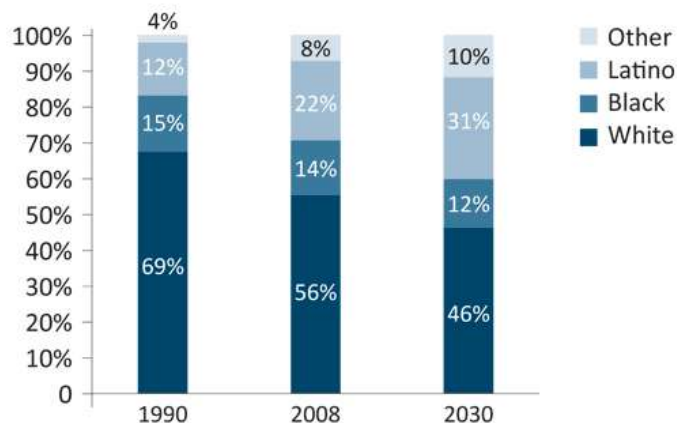
May 21, 2010
Professional Latinas Alliance
Network
Rutgers University, Camden, NJ



Population trends/tendencias de la población

Figure 1

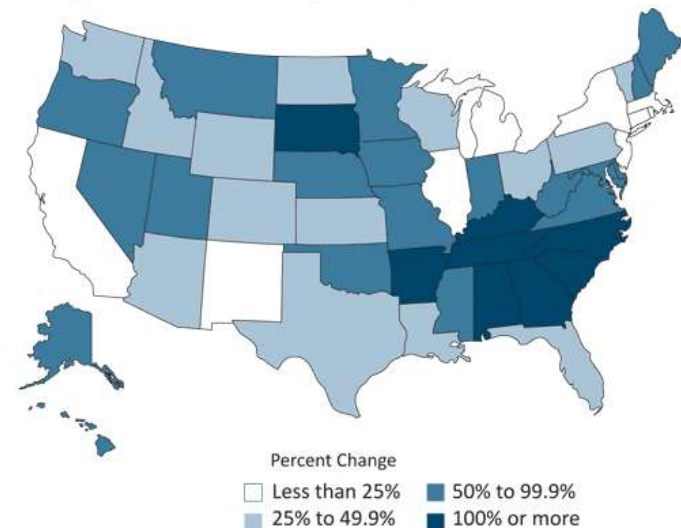
Distribution of the U.S. Population Under Age 18 by Race/Ethnicity, 1990 and 2008



Source: U.S. Census Bureau, "Annual State Resident Population Estimates for 6 Race Groups (5 Race Alone Groups and One Group with Two or more Race Groups) by Age, Sex, and Hispanic Origin: April 1, 2000 to July 1, 2008," Washington, DC, 2009, <http://www.census.gov/popest/datasets.html> (accessed September 2009); National Center for Health Statistics, "Bridged-race intercensal estimates of the July 1, 1990–July 1, 1999, United States resident population by county, single-year of age, sex, race, and Hispanic origin," U.S. Census Bureau with support from the National Cancer Institute, Washington, DC, 2004, http://www.cdc.gov/nchs/nvss/bridged_race/data_documentation.htm#inter1 (accessed September 2009); U.S. Census Bureau, "Projected Population by Single Year of Age, Sex, Race, and Hispanic Origin for the United States: July 1, 2000 to July 1, 2050," Washington DC, 2009, <http://www.census.gov/population/www/projections/downloadablefiles.html> (accessed September 2009).

Map 1

Change in Latino Youth Population, 2000 to 2008



Source: U.S. Census Bureau, "Annual State Resident Population Estimates for 6 Race Groups (5 Race-Alone Groups and One Group with Two or more Race Groups) by Age, Sex, and Hispanic Origin: April 1, 2000 to July 1, 2008." Washington, DC, 2009, <http://www.census.gov/popest/datasets.html> (accessed September 2009).

Outline

- Overview of Challenges
- Latina Suicide
- Trauma and Education
- Discrimination, Immigration
- Addressing the Challenges



Overview of Challenges

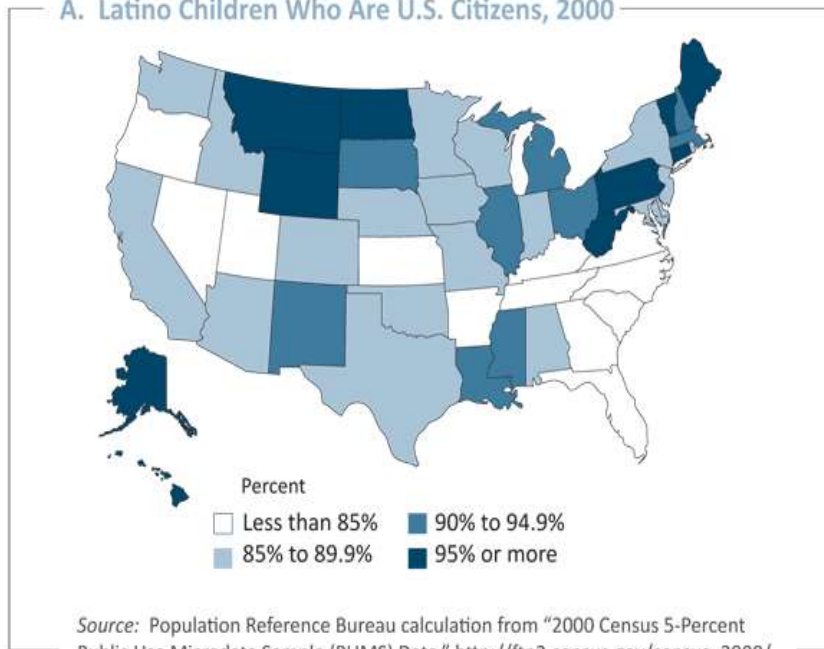
- **Citizenship**
- **Family Structure & Income**
- **Education & Language**
- **Poverty & Unemployment**
- **Health**
- **Ciudadanía**
- **Estructura familiar & Sueldo**
- **Educación & Lenguaje**
- **Pobreza & Desempleo**
- **Salud**
- **Justicia Juvenil**

Citizenship/Ciudadanía

Map 3

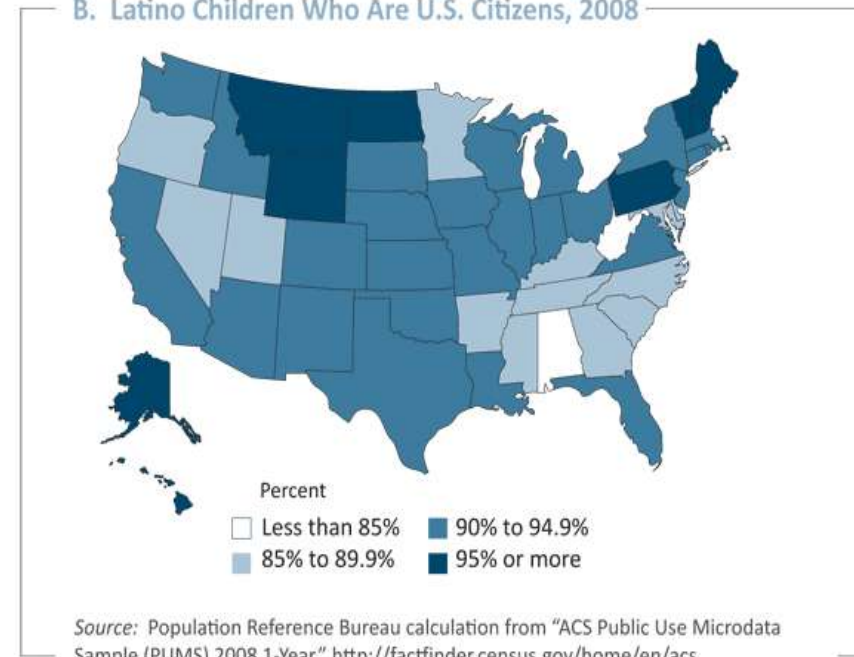
Latino Youth Citizenship, 2000 and 2008

A. Latino Children Who Are U.S. Citizens, 2000



Source: Population Reference Bureau calculation from "2000 Census 5-Percent Public Use Microdata Sample (PUMS) Data," http://ftp2.census.gov/census_2000/datasets/PUMS/FivePercent (accessed September 2009).

B. Latino Children Who Are U.S. Citizens, 2008



Source: Population Reference Bureau calculation from "ACS Public Use Microdata Sample (PUMS) 2008 1-Year," http://factfinder.census.gov/home/en/acs_pums_2008_1yr.html (accessed September 2009).

- In 2008, 70.4% of Latinos ages 15-24 were born in US and 3.9% were naturalized citizens

Aculturation/Aculturación

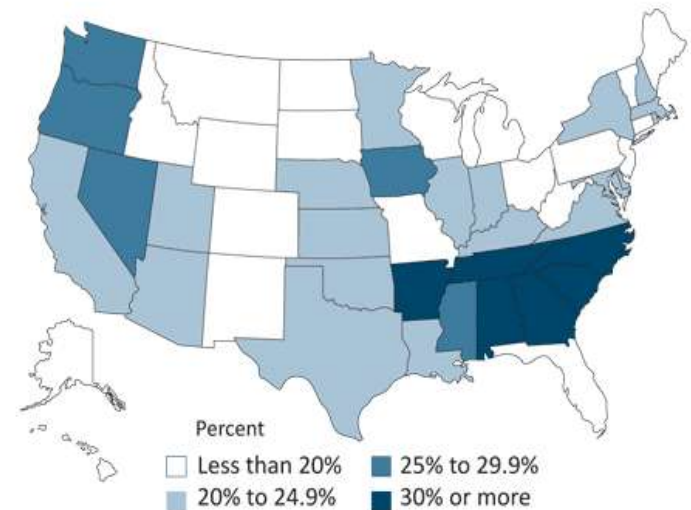
Table 1
Distribution of Latino Children in Immigrant Families by Nativity Status and Family Type, 2008

	Number (000s)	Percent
All Latino children	16,002	100
U.S.-born children with U.S.-born parents	6,763	42
Latino children in immigrant families	9,239	58
Foreign-born children	1,402	9
U.S.-born children with foreign-born parents	7,836	49
In married-couple families with one or more foreign-born parents	5,616	35
Both parents foreign-born	3,963	25
One parent foreign-born (mixed-nativity)	1,652	10
In single-parent families with foreign-born parent	2,221	14

Source: Population Reference Bureau calculation from "ACS Public Use Microdata Sample (PUMS) 2008 1-Year," http://factfinder.census.gov/home/en/acs_pums_2008_1yr.html (accessed September 2009).

❑ However, 58% of Latino children lived in Immigrant families.

Map 9
Latino Children in Linguistically Isolated Households, 2008



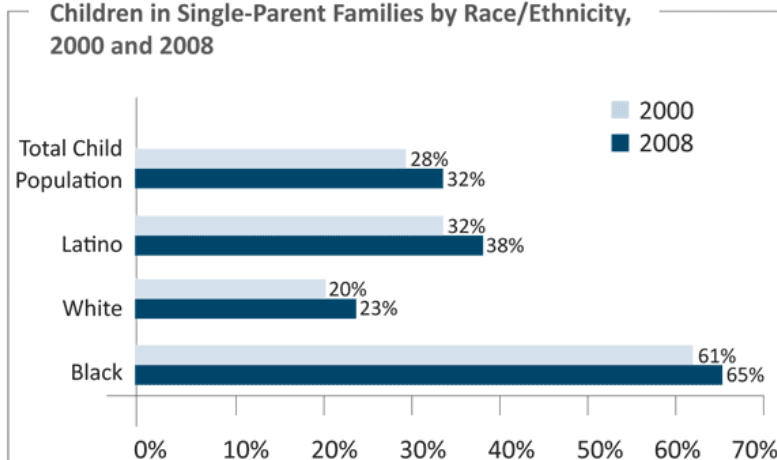
Source: Population Reference Bureau calculation from "ACS Public Use Microdata Sample (PUMS) 2008 1-Year," http://factfinder.census.gov/home/en/acs_pums_2008_1yr.html (accessed September 2009).

❑ 23% of Latino children age 18 lived in linguistically isolated households

Family Structure and Income

Figure 3

Children in Single-Parent Families by Race/Ethnicity, 2000 and 2008

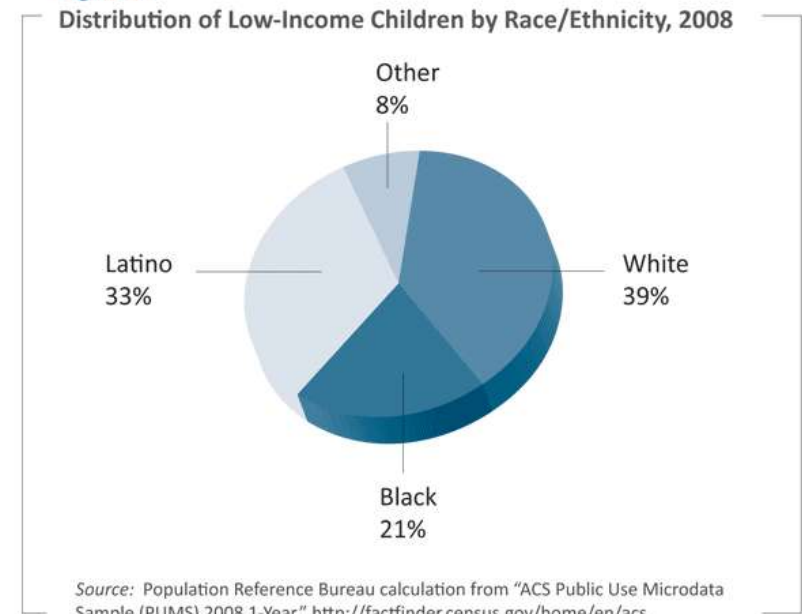


Source: Population Reference Bureau calculations from "2000 Census 5-Percent Public Use Microdata Sample (PUMS) Data," http://ftp2.census.gov/census_2000/datasets/PUMS/FivePercent, and from "ACS Public Use Microdata Sample (PUMS) 2008 1-Year," http://factfinder.census.gov/home/en/acs_pums_2008_1yr.html (accessed September 2009).

❑ Children living with one parent are more likely to be poor and less likely to graduate from high school

Figure 4

Distribution of Low-Income Children by Race/Ethnicity, 2008



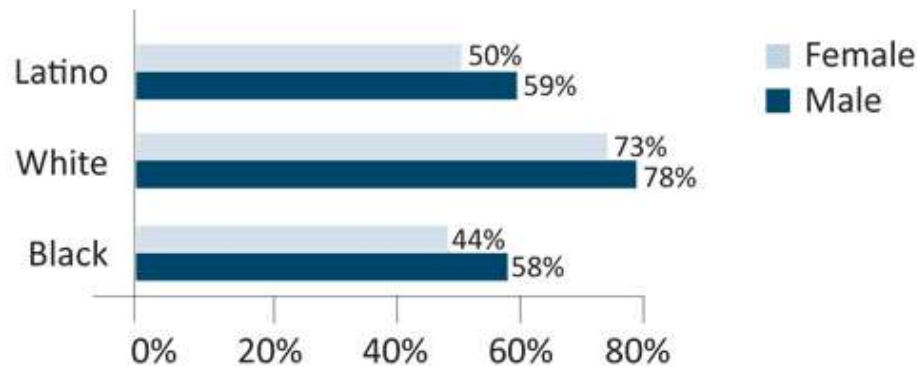
Source: Population Reference Bureau calculation from "ACS Public Use Microdata Sample (PUMS) 2008 1-Year," http://factfinder.census.gov/home/en/acs_pums_2008_1yr.html (accessed September 2009).

❑ 24.2% Latinos 15-24 y/o lived below 100% Federal Poverty Level and 2 in 5 (38.8%) lived below 150% of FPL.

Education & Language/Educación & Lenguaje

Figure 8

High School Student Graduation Rates by Race/Ethnicity and Gender, 2006



Source: Education Counts Research Center Database, "Graduation Rates (Cumulative Promotion Indices) for Students by Race and Gender, 2006," Editorial Projects in Education Research Center, <http://www.edcounts.org/createtable/step1.php> (accessed September 2009).

- ❑ In 2007, more than 1 in 5 Latinos 16-24 y/o were School dropouts.
- ❑ Status completion rate was 72.2% for Hispanics 18-24 compared to 88.8% Blacks and 93.5% whites.
- ❑ High school completion rates are highest in New Jersey (67%) and Maryland (65%) and lowest in Nevada (36%) and Georgia (41%).

Health/Salud



Figure 11

Health Insurance Coverage of Children under Age 18, 2008

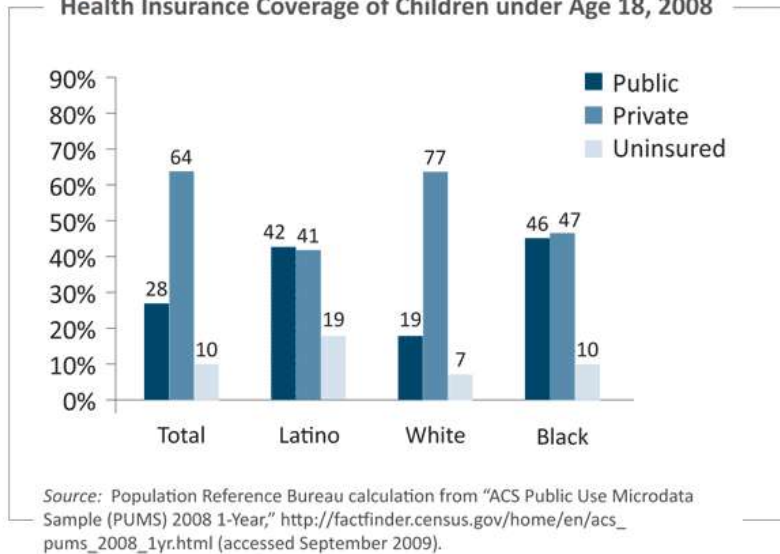
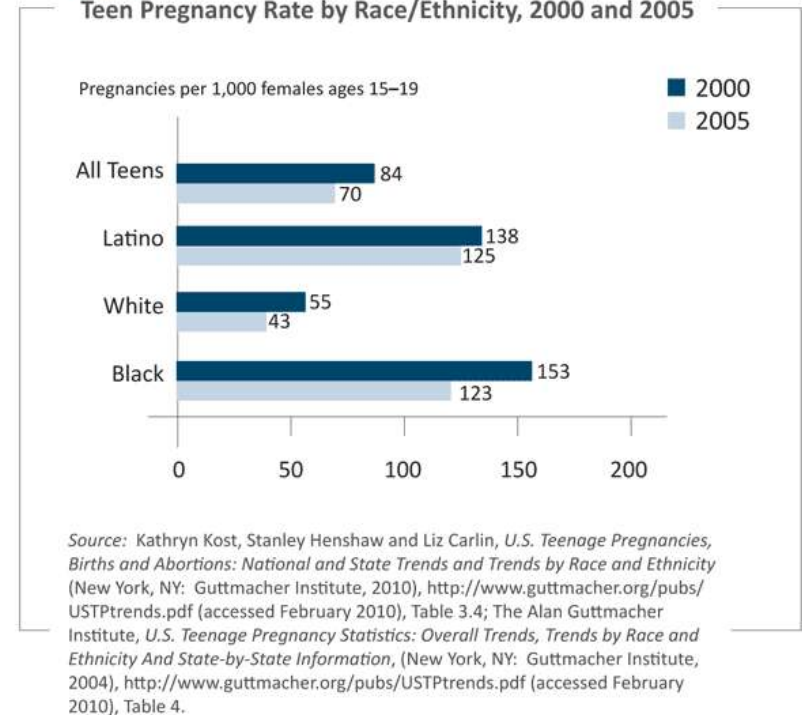


Figure 10

Teen Pregnancy Rate by Race/Ethnicity, 2000 and 2005



❑ 62.3% Insured, 1 in 4 under Medicaid

❑ Obesity

❑ Teen pregnancy

❑ 4.9% Latinas 15-19 had given birth in the past 12 months

HIV

- Hispanics/Latinos accounted for 17% of the HIV/AIDS in the 34 states with long term confidential name-based HIV reporting.
- The rate of new HIV infections among Hispanics/Latinos was 2.5 times that of Whites.

Data from: US Census Bureau and,

Hall et al, JAMA 2008; 300:520-529.

Barriers to mental health services for the undocumented

- Low entry and retention in mental health services
- Psychosocial stressors far outnumber psychiatric disorders in Latino mental health clinic (Fortuna and Perez, 2005)
- Addressing psychosocial stressors is primary
- Other economic, language barriers in addition to legal status

Latina Adolescent Suicide

Epidemiology:

- Rates of suicide higher than for their non-Hispanic counterparts (Centers for Disease Control and Prevention [CDC], 2000).
 - ▣ One in five Hispanic girls nationally attempts suicide (CDC, 1996, 2000, 2004), (2x counterparts)
 - ▣ The literature on the factors associated with suicide attempts by adolescent Hispanic females is sparse
 - ▣ primarily descriptive and does not explore empirically the dynamics of Hispanic suicide attempts.

Latino Suicide in the US

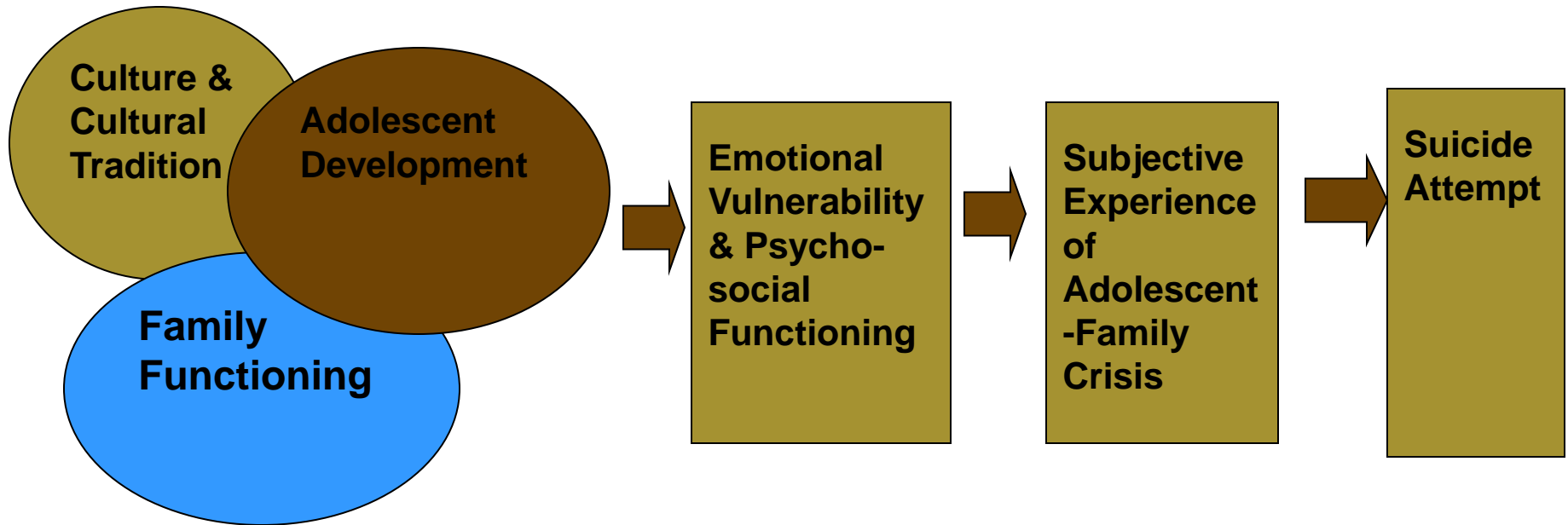
- The lifetime prevalence of suicidal ideation and attempts among Latinos was 10.2% and 4.4% respectively.
- Puerto Ricans more likely to have suicidal ideation and attempt suicide than other Latinos.
- Suicide attempts occurring under the age of 18 years.
- Female gender, any DSM-IV diagnosis and dual diagnosis associated with an increased risk of lifetime suicidal ideation and attempt.

Fortuna, L. R., Perez, D. J., Canino, G., & Alegria, M. Prevalence and correlates of lifetime suicidal ideation and attempts among Latino subgroups in the United States. *Journal of Clinical Psychiatry* 2007; 68(4): 572-81.

Latino Suicide in the US

- Family cultural conflict, English proficiency, English language of childhood and US nativity were correlated with suicidal behavior among Latinos.
- Family Cultural Conflict positively associated with lifetime suicide attempt even without any lifetime DSM-IV disorder

Expanding upon a Conceptual Model for Intervention



Latina Suicide Study



	Attempters N=47	Non-Attempters N=46
Mean age	14.1 years	13.8 years
US Born	60.4%	67.4%
Puerto Rican	26.3%	18%
Dominican	21.1%	13.9%
Mexican	23.7%	13.9%
Colombian	7.9%	13.9%
US Citizen	65.8%	80.6%
Undocumented	7.9%	8.3%

Results: Mutuality

□ Adolescent MPDQ Scores – Evaluating Mutuality with Mothers

* Study showed Non attempters reported a better sense of mutuality with mothers than attempters.



Mutual Psychological Development Questionnaire (MPDQ; Genero, Miller, Surrey, & Baldwin, 1992).

Results

Adolescent Child Report of Parental Behavior (Schaefer, 1965)) and t-tests – Evaluating Relationships with Mothers

Subscale	Attempters (n=46)	Non-attempters (n=46)	t
Affection	17.58 (5.18)	20.40 (3.93)	2.57*
Communication	16.44 (5.42)	19.34 (4.19)	2.51*
Intrusiveness	11.78 (2.99)	10.74 (2.56)	1.57
Support	25.44 (4.92)	27.54 (4.51)	1.87*

* $p < .05$

Results

Adolescent Youth Self-Report Subscale Means (SD) and t-tests

Subscale	Attempters (n=42)	Non-attempters (n=43/44)	t
Anxious/Depressed	11.03 (5.47)	6.40 (4.50)	-3.84****
Withdrawn/Depressed	7.59 (3.05)	4.83 (2.97)	-3.81***
Somatic	7.56(4.33)	5.46 (3.55)	-2.21*
Rule Breaking	7.76 (5.33)	3.34 (2.95)	-4.25***
Aggressive	14.50 (7.54)	8.29 (5.68)	-3.88***

* $p < .05$

*** $p < .001$

**** $p < .0001$

Results

- No differences between attempters and nonattempters in:
 - mother's evaluation of relationship with daughter
 - Adolescent or maternal orientation towards *familismo overall*
- Differences between parents and daughter :
 - In acculturation
 - feelings of family interconnectedness
 - Mutuality and parental affection
 - communication and support

Preliminary Themes

- Attempts appear to be a means of coping with intense emotional distress
- Attempts related to conflict with parents
 - ▣ Girls are reluctant to share how they feel with parents
 - ▣ Girls don't think parents will understand them or their situation
 - ▣ Difficulties in resolving conflicts
- Dating, sexuality and relationships with boyfriends appear emblematic of the acculturative rift between these girls and their parents.

Immigration Separation

- As opportunities for documented and undocumented employment for women have increased, larger numbers of women have initiated their family's "stepwise" migration to the United States (Hondagneu-Sotelo, 1992).
- Immigration and Naturalization Service (INS) data show that in 1991, the male: female immigrants ratio was 66: 34, whereas in 1996, it was 46: 54 (U.S. INS, 2000).



Immigration Separation: Overall themes

- Separation of the children from loved ones left behind
- Immigration/acclulturation processes
- Relational effects of family separation and reconstitution
- Normative changes of adolescence
- Posttraumatic stress from neglect/abuse or traumatic migration
- Challenges of simultaneously reuniting and blending a family.

ENGAGEMENT, RETENTION & OUTCOMES FOR LATINO ADOLESCENTS IN A COGNITIVE RESTRUCTURING THERAPY FOR POSTTRAUMATIC STRESS DISORDER

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Objectives

- Become familiar with:
 - ▣ CBT for adolescents exposed to complex and violent traumatic experiences with PTSD.
 - ▣ Socio-cultural and other factors related to engagement and outcomes in therapy.
 - ▣ Recommendations for psychosocial therapies for Latino and other adolescents with chronic violence and stress exposure.

Background

- Few intervention/ psychosocial therapies for:
 - ▣ PTSD in older adolescents and minority youth
 - ▣ PTSD symptoms related to violence and complex traumatic experiences
 - ▣ Chronic stressful environments
 - ▣ Co-occurring disorders

Latino Youth Trauma

Type of Trauma	Prevalence
Complex Trauma	72%
Exposure to Domestic Violence	53%
Impaired Caregiver	47%
Emotional Abuse	42%
Traumatic Loss	42%
Physical Abuse	33%
Sexual Abuse	29%
Neglect	27%
Community Violence	22%

NCTSN National Survey (2005)

Trauma and educational attainment

- Latinos with the highest rate of school drop-out
- Trauma as a strong correlate of school drop-out
- Low use of mental health services and other supports for youth and families

(Porche, Fortuna, & Alegria, In Press)

Perceived Discrimination

- U.S.-born Latinos and Latinos arriving to the U.S. at younger ages were more likely to perceive discrimination compared to immigrants arriving at older ages. (Peres, Fortuna & Alegria, 2008)
- Experiences of discrimination are related to mental health and educational attainment

Treatment and building resiliency

- **Self-regulation:**

- ▣ Enhancing an adolescent's capacity to modulate arousal and restore equilibrium following dysregulation of affect, cognition, interpersonal relatedness and self-attribution.

- **Self-reflective information processing**

- ▣ Helping the adolescent develop skills in planning and decision making within current environment.

- **Traumatic experiences integration:**

- ▣ Enabling the adolescent to transform or resolve traumatic reminders and memories and cultivation of present-oriented thinking and behavior.

- **Positive affect enhancement:**

- ▣ Enhancing an adolescent's sense of self-worth, esteem and positive self-appraisal

Therapy Considerations

- Psychosocial issues are big piece of this!
- Legal protection is a big issue!
 - ▣ You can imagine why not a lot of research
- Trauma and Stress
- Resiliency over real social and political stressors and barriers
- Family support
- Instilling hope and ameliorating anxiety and fear

Stressors/The problems

- immigration authorities
- unresolved asylum/Immigration
- financial hardship
- unemployment
- inadequate housing
- frequent moves
- language BARRIERS
- social isolation
- racial discrimination
- stress of adapting to a new culture

Parenting



- **Honest**
- **Adaptability**
- **Consistency**
- **Positive Reinforcement**
- **Communication**
- **Supported**

- **Honestidad**
- **Adaptabilidad**
- **Consistencia**
- **Refuerzo Positivo**
- **Comunicación**
- **Apoyo**

Identity and Action



Identity and Stress

- Cognitive Behavioral (PTSD, Anxiety, Depression)
- Narrative Therapy
- Peer and Social Support
- Action Planning and Involvement

Narrative Approaches

“The person is not the problem, the problem is the problem”.



A "Narrative Therapist" assists persons to resolve problems by enabling them to deconstruct the meaning of the reality of their lives and relationships to show the difference between the reality and the internalized stories of self.

ACADEMICS and MOTIVATION

- **Academic supports**
- **Connection and support with teachers**
- **Assisting parents in communicating with schools**
- **Assisting parents in understanding academic issues**



Opportunities for Success



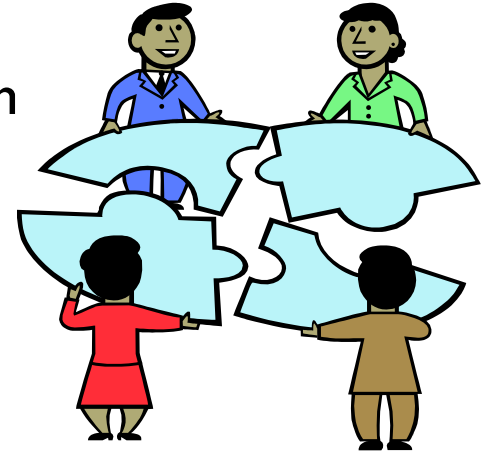
HOPE

Is the glass half empty or half full?



Initial Implications for Interventions

- Prevention for adolescent girls
 - ▣ Navigating family integrity and acculturation
 - ▣ Parent child mutuality and mirroring
 - ▣ Social environments
 - ▣ Sexuality
 - ▣ Expectations
- Assisting immigrant parents to understand daughter's environment and developmental needs and to respond to these with competence (remembering that they are stressed too)



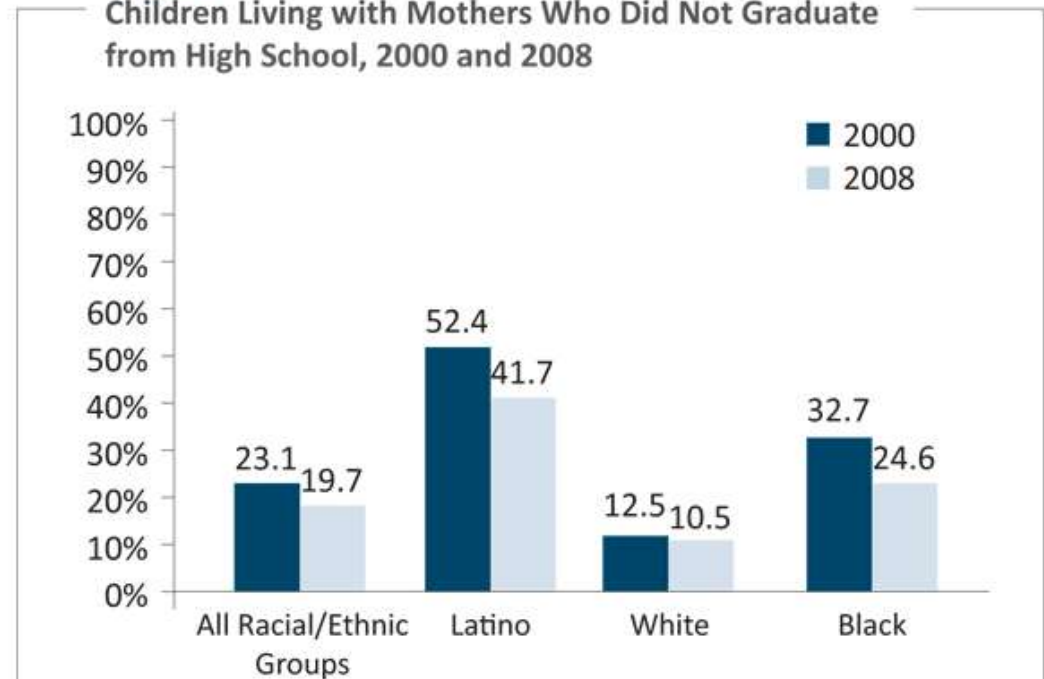
Maternal Education

❑ In 2008, more than 2/5 of Latino children under age 18 lived with mothers who did not graduate from high school.

❑ However, maternal education levels have increased sharply among Latina mothers

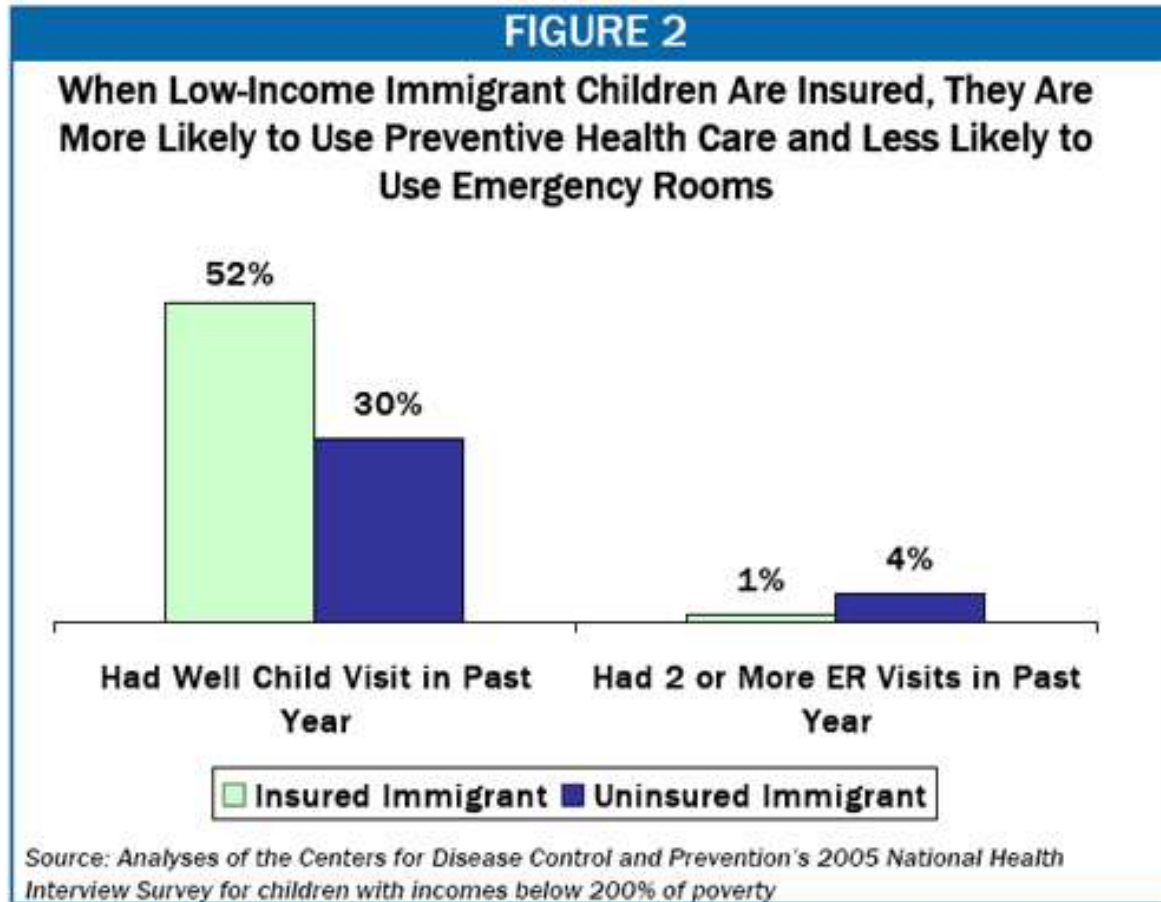
Figure 7

Children Living with Mothers Who Did Not Graduate from High School, 2000 and 2008



Source: Population Reference Bureau calculations from "2000 Census 5-Percent Public Use Microdata Sample (PUMS) Data," http://ftp2.census.gov/census_2000/datasets/PUMS/FivePercent, and from "ACS Public Use Microdata Sample (PUMS) 2008 1-Year," http://factfinder.census.gov/home/en/acs_pums_2008_1yr.html (accessed September 2009).

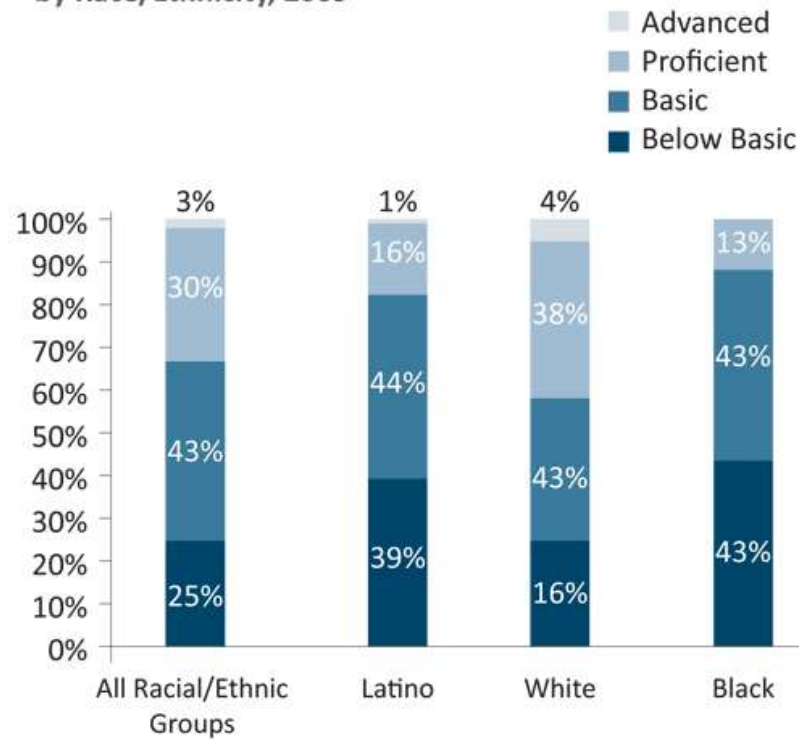
With access to health..



What we can do...

Figure 9

**Eighth-Grade Student Achievement in Reading
by Race/Ethnicity, 2009**



Source: National Center for Education Statistics, "National Assessment of Educational Progress (NAEP), 2009 Reading Assessment." U.S. Department of Education, <http://nces.ed.gov/nationsreportcard/naepdata> (accessed April 2010).

Future Orientation

