



CHA
WA COMMISSION ON
HISPANIC AFFAIRS

Mental Health Regarding Hispanic/Latino/e Students

Cynthia Tamayo

HISTORY AND STAFF

11 Commissioners

80's

The name changed in the 80s to reflect the growing populations of Latin Americans in the State

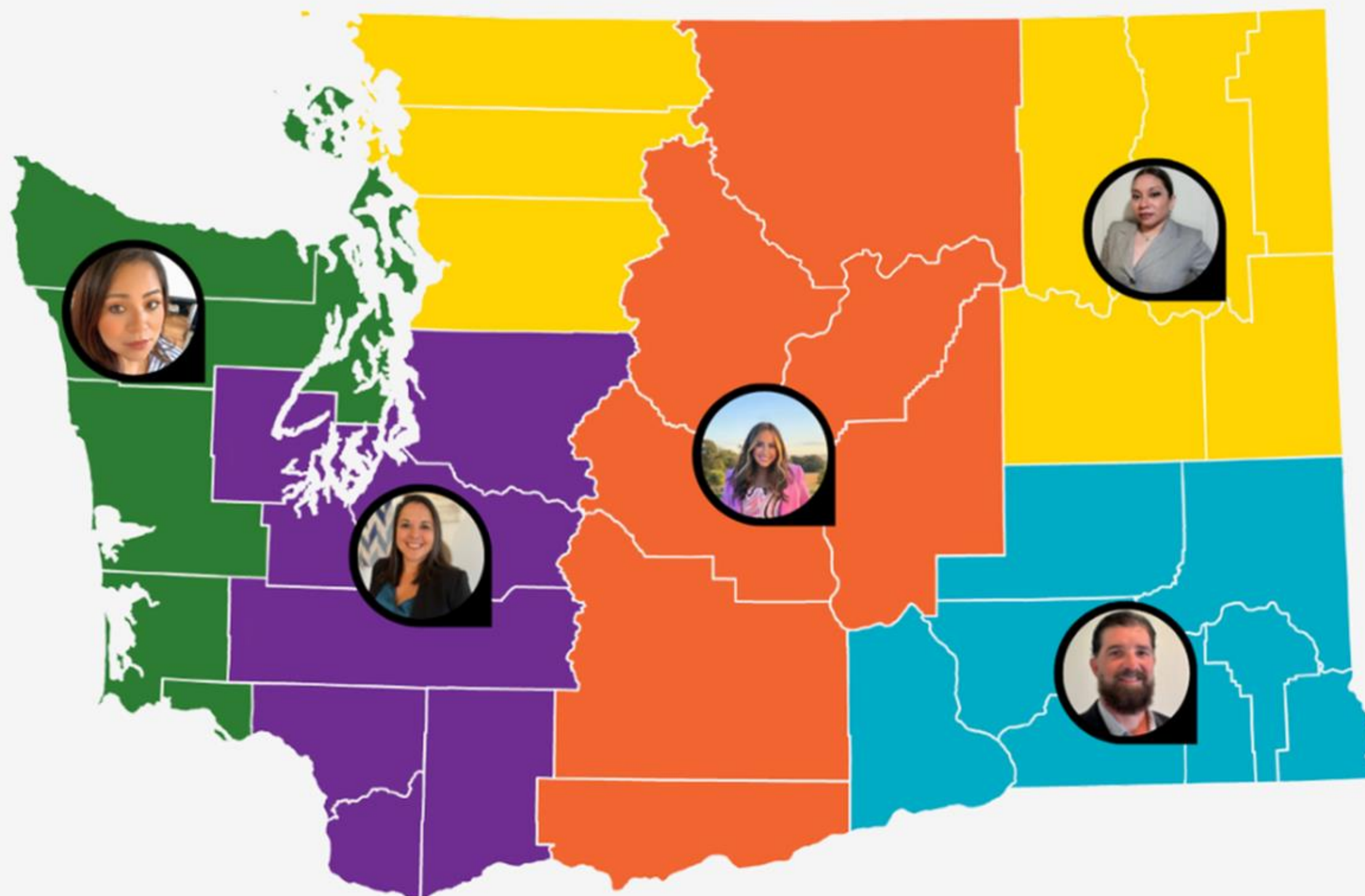
8 staff

1971

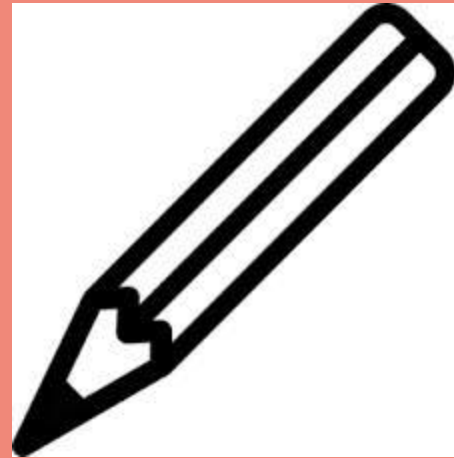
The Mexican-American Commission was created as result of the civil and labor rights movement of the late 1960's.

Community Development Officers

CONNECTING, GROWING RELATIONSHIPS, LISTENING

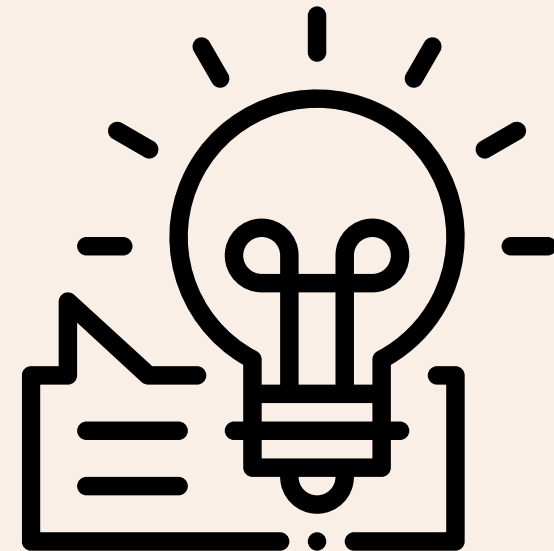


MISSION AND STATUTE



Identify

And define issues concerning the rights and needs of Washington State's Hispanic/Latine community;



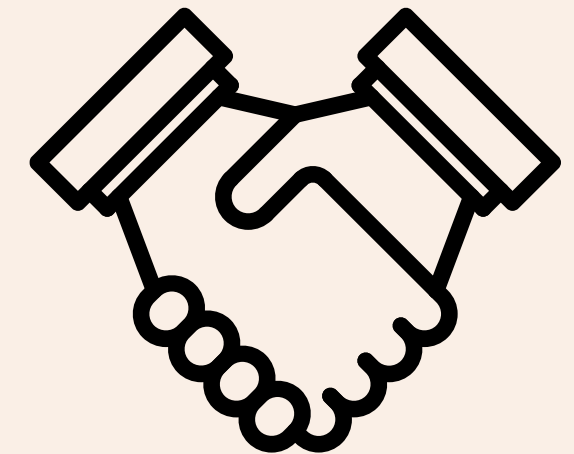
Advise

The Governor and State agencies on the development of relevant policies, plans and programs that affect Hispanic/Latine community.



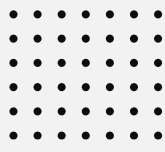
Advise

The legislature on issues of concern to the State's Hispanic/Latine Community



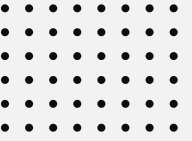
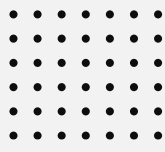
Establish

Relationships with State agencies, local governments, and members of the private sector;



HIGHLIGHTS





POPULATION

Latinos in
Washington are
Younger than the
average
Washingtonian

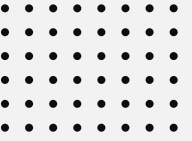
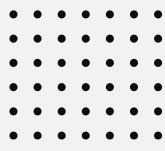


Barriers To Mental Health Care

This inequality puts these communities at a higher risk for more severe and persistent forms of mental health conditions, because without treatment, mental health conditions often worsen.

35.1% of Hispanic/Latinx adults with mental illness receive treatment each year compared to the U.S. average of 46.2%. This is due to many unique barriers to care.

Barriers To Mental Health Care



LACK OF CULTURAL
COMPETENCE

LANGUAGE
BARRIERS

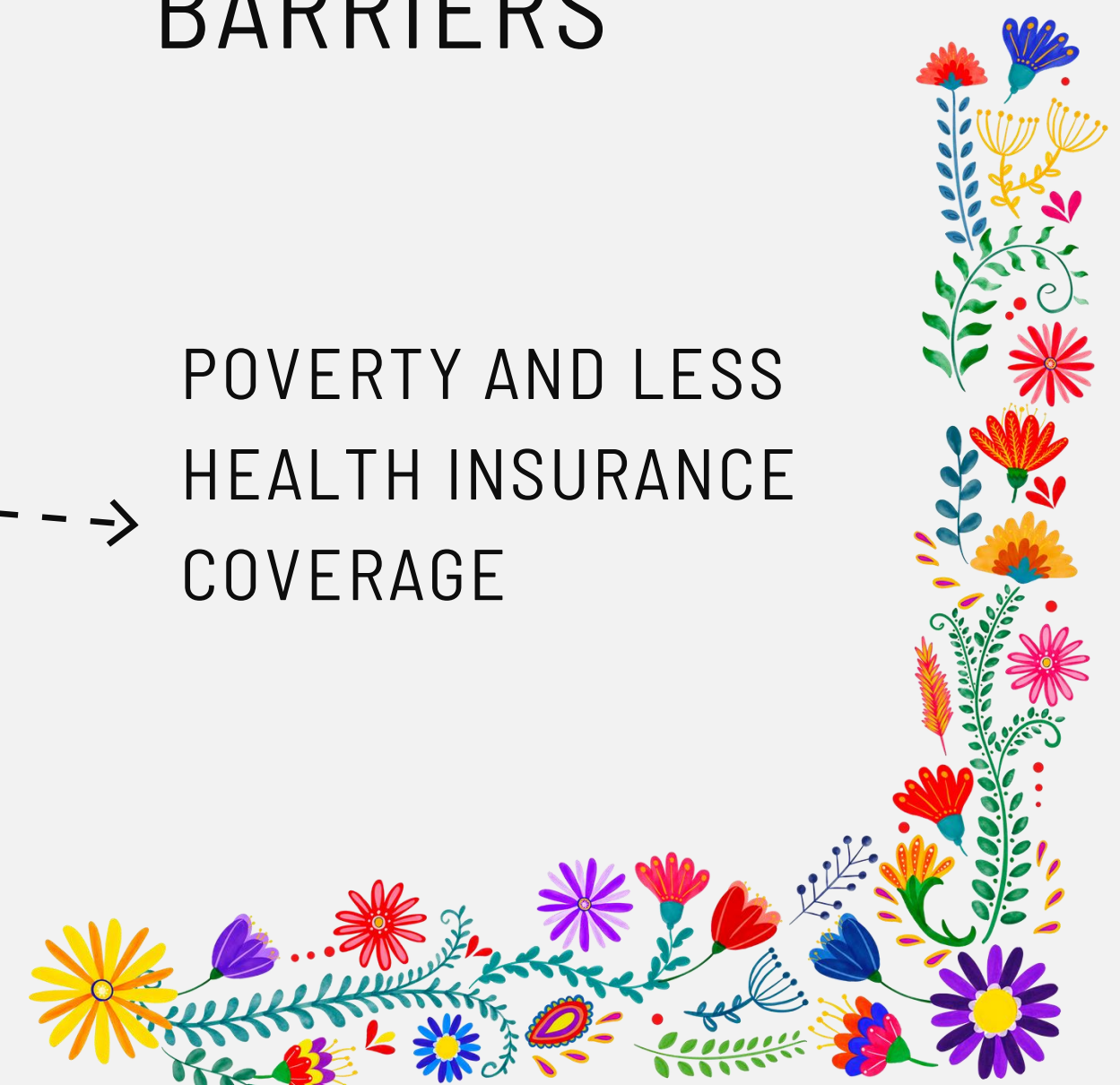
LEGAL STATUS

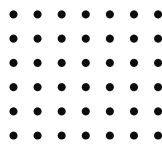
POVERTY AND LESS
HEALTH INSURANCE
COVERAGE



Stigma

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx#:~:text=Hispanic%2FLatinx%20communities%20show%20similar,illness%20may%20not%20receive%20treatment>





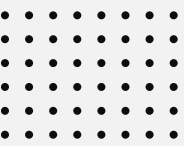
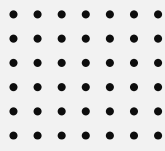
MENTAL AND BEHAVIORAL HEALTH ON HISPANIC POPULATION

**US. Department of Health and
Human services Office of
Minority Health- Mental and
Behavioral Health- Hispanics**

- In 2019, suicide was the second leading cause of death for Hispanics, ages 15 to 34
- Suicide attempts for Hispanic girls, grades 9-12, were 30 percent higher than for non-Hispanic white girls in the same age group, in 2019.
- In 2018, Hispanics were 50 percent less likely to have received mental health treatment as compared to non-Hispanic whites.
- Poverty level affects mental health status. Hispanics living below the poverty level, as compared to Hispanics over twice the poverty level, are twice as likely to report serious psychological distress.

Studies Find Increased Depression and Anxiety among Washington's Latino Communities During the Pandemic

Latino Center for Health University of Washington



1

- Researchers found that **13%** of Latino participants surveyed met the criteria for “depression likely” and **16 percent** were seen as “anxiety likely.”

2

- Scores were higher for those aged **18–30** or over **65** or were women, divorced or with higher education but lower incomes.

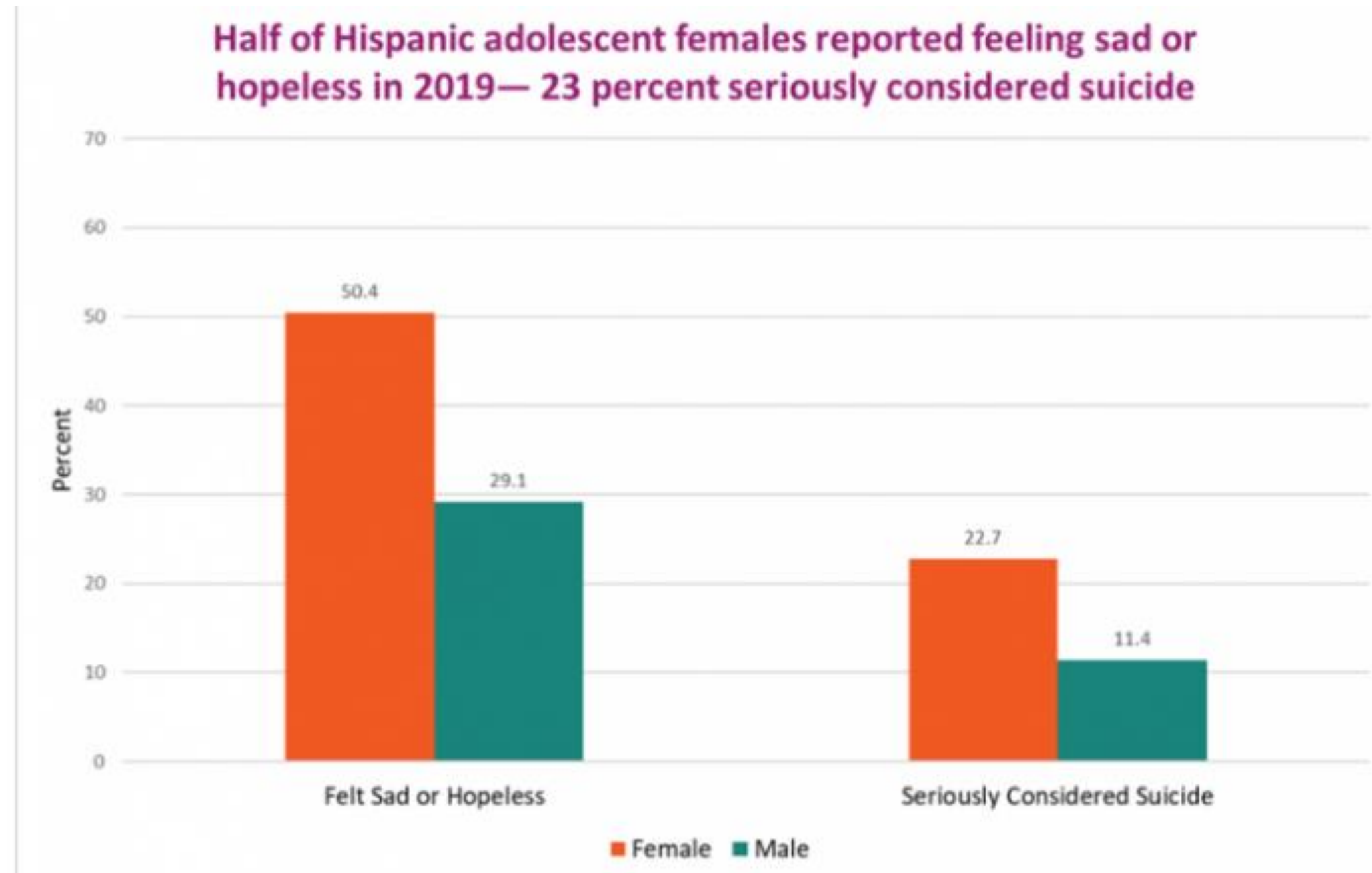
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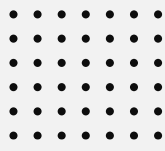
- The state ranks **37th** among the 50 states plus the District of Columbia for a higher prevalence of mental illness and less access to care.

4

- In King County, for example, the ratio of mental health providers to the general population is **1 to 220**; in Douglas County, that rises to **1 in 1,450**.

National Research Center on Hispanic Children & Families: In 2019, 40 percent of Latino High Schoolers Reported Feeling Sad or Hopeless for More than Two Weeks





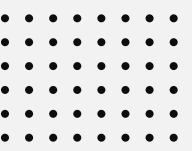
RATES OF YOUTH MENTAL HEALTH PROBLEMS ARE AT HISTORICALLY HIGH RATES (AND RISING)

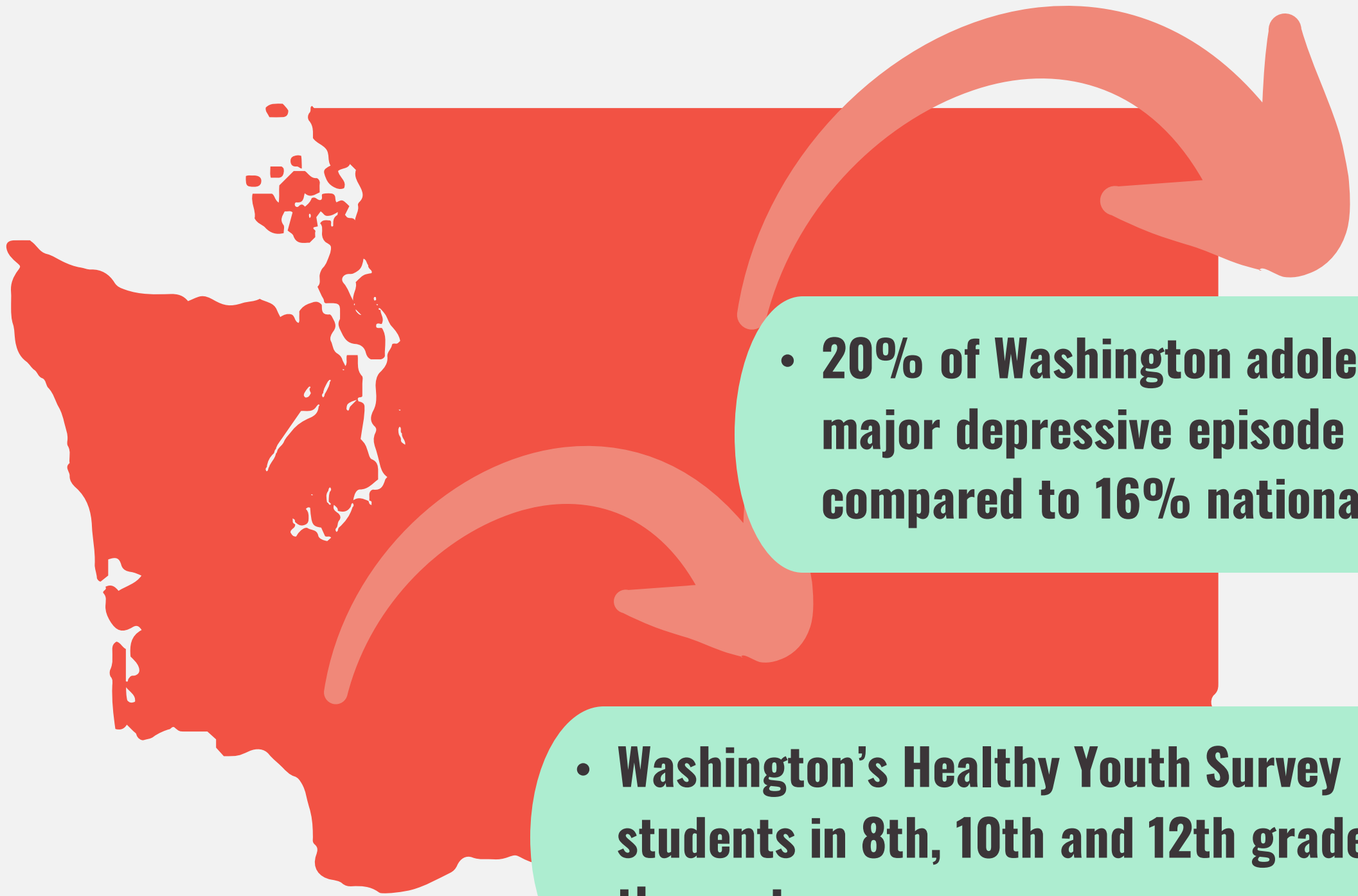
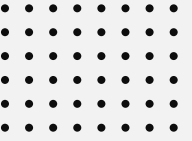
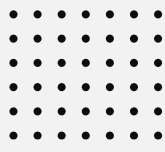


1 in 5 youth have socio-emotional and behavioral problems that impair students learning

There has been a 33% increase in the rate of students reporting depression and anxiety since 2010

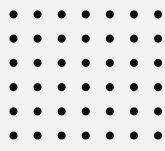
The COVID-19 pandemic exacerbated stressors for youth.





• **20% of Washington adolescents 12-17 have a major depressive episode in a given year, compared to 16% nationally (SAMHSA, 2021).**

• **Washington's Healthy Youth Survey data show 1 in 10 students in 8th, 10th and 12th grades attempted suicide in the past year**



ACTION-BASED RECOMMENDATIONS



Make Telemedicine and Tele-mental health access permanent

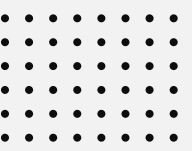


Increase access to evidence-based, culturally responsive Cognitive Behavioral Therapy (CBT)



Incentivize colleges and universities statewide to strength and enhance their equity curriculum

https://smartcenter.uw.edu/wp-content/uploads/2023/02/Case-for-School-Mental-Health_2023-Update.pdf



How to Seek Culturally And Linguistically Competent Care

QUESTIONS TO ASK TO ASSESS MENTAL HEALTH PROVIDER'S CULTURAL AWARENESS

- Have You Treated Other Hispanic/Latinx People?
- Have You Received Training In Cultural Competence Or On Hispanic/Latinx Mental health
- How Do You See Our Cultural Backgrounds Influencing Our Communication And My Treatment?



<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx#:~:text=Hispanic%2FLatinx%20communities%20show%20similar,illness%20may%20not%20receive%20treatment.>



UW - 2023 POLICY AND FUNDING RECOMMENDATIONS

1

- **Designate a lead state agency in charge of ensuring student access to the full continuum of school behavioral services.**

2

- **Establish and source a plan for providing consistent, high-quality training and technical assistance statewide on school mental health.**

3

- **Eliminate Isolation and Reduce use of restraint**

4

- **Eliminate Harmful disciplinary practices**

Thank You

CHA MONTHLY ROUND-UP NEWSLETTER

2022



SUBSCRIBE



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