

Mental Health Issues in Hispanics: A New Concern for Our Region

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Antonio E. Puente
&
Gabriel Salazar

University of North Carolina at
Wilmington

Contact Information:

Antonio E. Puente, Ph.D.

Department of Psychology

University of North Carolina at Wilmington

910.962.3812

puente@uncw.edu

www.uncw.edu/people/puente

Background Information

- Information is Based on:
 - Reseach- PsyInfo data base
 - Clinical- Titleson Clinic
 - Social- Centro Latino

Hispanics in the United States: Overview

- United States Trends
 - *Is the largest ethnic minority group in US*
 - *Is the fastest growing ethnic group in US*
 - Approximating 15% of the population
 - Will represent the majority group in 2040
 - Probably undercounted (hence projections are probably off with a wide margin of error)

Demographics: Hispanics in the United States

- United States Statistics
 - Overall = 12.5% (vs 12.1% for AA)
 - *Before 18* = 35%
 - 18-65 = 60%
 - 65 + = 5%
 - *Less Educated than counterparts*
 - *More Fertile than counterparts*

Demographics: Hispanics in North Carolina

- North Carolina Statistics
 - Overall = 4.7%
 - Migration for Foreign Born = 50%
 - Primarily from California (also from the NE)
 - Comparison (ND = 282% decrease)
 - From 1990 to 2000 = **394%** increase

Demographics: Hispanics in New Hanover County

- New Hanover Statistics Estimates
 - Total Population = 147,642 (22.7% increase)
 - 1980 = 788;
 - 1990 = 747;
 - 2000 = 1,828
 - *Estimate = severe undercounting*

Additional Hispanic Statistics

- Percentage of Population
 - In US = 12.5%
 - In NC = 4.7%
 - 36% are from Latin America
 - 30% are from Mexico
- Anticipated Growth
 - *In US = Births will outpace immigration*
 - *In NC = Over 500% growth*

Glance (continued)

- High School Students
 - *One third of all high school graduates by the year 2013 will be Hispanic*
 - Graduation rate for Hispanics nationally = 54%
 - Graduation rate for Hispanics in North Carolina = 38%

Glance (continued)

- **Language Ability** (about 30 million speak Spanish)
 - US = 22% speak English “poorly”
 - NC = 34% speak English “poorly”
- **Governmental Representation**
 - Two Elected Officials
 - No High Ranking Judges
 - One Executive Level Office

Glance (continued)

■ Health Insurance

- 37% lack insurance nationally
- 54% lack insurance in North Carolina
 - Increases to 64% if non-documented

■ Income

- 27% live in poverty
- Median family income = \$30,529
 - National MFI = \$ 44,468
- MFI for whites = \$51,951
 - National MFI = \$61,587

What Does Being “Hispanic” Mean?

- Speaking Spanish
- Being Catholic (or Christian)
- Family above all (and extended family)
- Children are highly desired and valued
- Friends and social groups are critical
- Time to be enjoyed not conquered
- Cooperation versus competition
- Modesty
- Religion as source of support and socialization
- Keep one’s problems to themselves or family
- Less material & consumer focused
- More emotional
- Personalismo
- Fatalismo (chance and God explain just about everything)
- Respect and formality
- The important use and knowledge of a name (and title)
- Hospitality through gifts, food, and drink
- Smooth interpersonal relations are critical (amabilidad)

Sources of Mental Health Problems

- Culture and Acculturation Issues
- Language Limitations
- Family Dysfunction
- Ineffective Social Support
- Low Self Esteem
- Limited Education
- Financial Limitations
- Religious Affiliation
- Documentation
- Health Status
- Gender Issues
- Interpretation of Efficiency

Cultural Issues

- Misunderstanding of the Majority Culture's Unwritten Social Rules and Agendas
- Isolation to Mainstreaming

Language Limitations

- English
- Variations of Spanish
- Spanish as a Second Language
- Anxiety Associated with Learning English and Losing Your Culture
- Non-Verbal Communication is Important
- Children as Translators
- Children Choosing English over Spanish

Family

- Defining Family
 - Nuclear
 - Extended
 - Double (US and abroad)
- Divided Families
 - Economics
 - Geography
 - Politics

Limited Social Support

- Familial
- Social
- Medical
- Religious
- Educational
- Financial

Low Self Esteem

- Productivity and Materialism = Success in the US
- Limited Connectivity & Personal Isolation
- Self-Effacing Presentation
- Loss of Respect From Others
- Self-Fulfilling Prophecies

Education

- Typical Educational Background
 - Often Limited
 - Usually in Spanish
- What it Means to be “Educated”-
 - the difference between schooling and education

Financial & Related Limitations

- The Limits and Hazards of Being Undocumented
- Type of Vocational Opportunities & Corresponding Pay
- Banking Issues
- Driver's Licenses

Religion

- Predominantly Catholic, but not Exclusively (about 25%)
- Importance of Religion and Related Social Support
- Always Hoping for a “Milagro”
- Church and Related Services in Spanish

Documentation

- Education
- Medical
- Legal
 - Tax ID Numbers
 - Social Security Numbers
 - Driver's Licenses
- Aliases

Health Status

- Increased and Disproportionate Health Problems
- Higher Low Birth Weights & Infant Mortality
- Increased Morbidity
- Under-Utilization of Health Services
- Health Viewed as Absence of Pain
- Women as Primary Care Providers in Family
- Disability is a Family Affair
- Hospitals as Last Place for Health Care or Possibly a Place One Goes to Die

Gender Issues

- **Males vs Female**
 - Males 27%
 - Females 17%
- **Machismo**
 - False = loss of dignity and respect
 - True = Protector, supporter
- **Heterosexual issues**
 - Clashing of cultures
 - Availability of partners
 - Prostitution
 - STDs
- **Sexual Identity Issues**
- **Childhood Sexuality & Abuse**

Interpretation of Efficiency

- Time (enjoyment vs. completion)
- Cooperation (vs. competition)
- Process (vs. outcome)

Outcome of Problems

- Anxiety 13%
 - Substance abuse 8%
 - Depression 5%
 - Violence ?%
-
- Ethnic identity issues
 - Poverty and marginalization

A Simple Model for Addressing Mental Health Concerns

- Communication, Rapport & Trust
- Resource Information
- Empowerment
- Solution Focus

Model for Integration: Helping People Fit into the Bigger Picture

1. Isolation
2. Acculturation
3. Assimilation
4. Mainstream

In Three Generations

(from Hispanic Business, 2003)

	<i>Isolation</i>	<i>Acculturation</i>	<i>Assimilation</i>
Income	\$20,500	\$36,100	\$37,000
Size	3.9	3.6	3.1
Time in US	1 st gen.	US born	4 th Gen.
Locale	Inner City	Suburbs ?	Suburbs
Values	Hispanic	Partial Hispanic	Anglo
Language	Spanish	Bilingual	English

The Future

- Clashing Demographics and Cultures
- 21st Century Economic "Slavery"
- Address the Problem Now or Major Problems Later
- What is North Carolina and the Cape Fear Region Going to Do Especially with the Changes in the Public Mental Health System?

Future?

- Demographic Shifts Are Obvious
- Socio-political Shifts Are Not
- The Lack of Integration of These Two Shifts Will Result in Social Misunderstanding & Unrest