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Improving Mental Health in Hispanic Communities

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Author Note

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## **Abstract**

AIM Youth Mental Health is advocating for children who are suffering from lack of resources, guidance, and clinical research. The division implementing this project is the outreach program. The intern and team will passionately work together to make this event successful by creating bilingual fliers that share information about the agency's programs and training. Depression and suicide are the most common issues occurring in Monterey county as of today and has been affecting many families. Providing these resources will unite and educate professionals, parents, and students about school programs available for youths and measures for adults as well. The most important findings was being able to reach out to more than 500 people and advocate for youths. Upcoming recommendations to make even more of an effective change is to have a primary individual at events enrolling parents into our training instead of only informing them.

*Keywords: Hispanics families, Awareness, Mental Health, Outreach, Monterey CA, Youth*

## **Agency & Communities Served**

This agency is thriving to help youths and their families with the struggles and lack of awareness behind mental health, by reducing stigma and challenging discrimination. Their vision is a world of youth with healthy mentalities and a mission of bridging the gap between research and access to care for struggling youth. The team is finding, funding and implementing evidence-based treatments to empower youth to discover their own mental health solutions. They also focus on training caring adults, especially mandated reporters to create a safe holding place for children, teens, and young adults. High rates of depression keep increasing in our communities and is harming children by pushing them towards suicide or developing eating disorders (Machado, 2021). Programs implemented by AIM at highschools and middle schools that are improving this social issue are Ideas lab, Design Challenge, and Research (Scientific Advisory). They also award research grants to post-doctoral investigators who will be mentored by distinguished doctors at esteemed medical institutions from around the world. AIM provides Spanish speaking training for parents but always has low numbers of participants. The agency wants to see an increase of Hispanic speaking populations join our resources and take advantage of every opportunity.

The agency's primary age focus are youths from ages 5-18 years (middle and high schoolers) with various socioeconomic backgrounds. Symptoms and behaviors associated with mental and developmental disorders are often manifested in childhood through young adulthood, so the agency considers “youth” to be up to 26 years old. The most frequent clients that call for resources are white people but a lot of hard work and new ideas are being implemented in order to expand and have multicultural clients.

## **Problem Model Background and Literature Review**

### **Problem Statement:**

Lack of awareness on mental health in communities of color, especially Hispanic families; is becoming an issue with fatal consequences. In Monterey 34% of county residents consider themselves to be in fair or poor mental health (Scuito, 2022). 24% report being diagnosed with a depressive disorder and more than half (51%) report having experienced symptoms of chronic depression (Scuito, 2022). Those categories most impacted by symptoms of chronic depression include adults and children ages 12- 29, who are very-low and low- income individuals and members of the LGBTQ+ community (Scuito, 2022). Another source demonstrates how Latino youth are far more likely than their peers to have mental health issues. 22% of Latino youth have depressive symptoms, which is higher than any group besides Native American youth, according to a Salud America Research review (Weis, 2020). Latino children are also less likely to use mental health care services (8%) compared to white children (14%) (Weis, 2020). This specific ethnic group suffers from a lack of access to mental health services, discrimination, poverty, school and family issues. The main reason for misinformation and diagnoses is because it starts from home and turns into a culture/family cycle. The author has first hand experience with her own Hispanic family not wanting to acknowledge the feelings of being sad/depressed. Most families consider a child just being “lazy” or call them other names rather than comprehending that it's simply feeling blue and disconnected.

Contributing Factors	Problem	Consequences
Stigma around Youth Mental Health (religious beliefs /lack of awareness )	High rates of youths suffering from mental health disorders such as depression and eating disorders in Monterey County, specifically in low income and communities of color.	Suicide
COVID-19 affected youths mental health by creating higher rates of depression and anxiety		High rates of depression
Immigration issues		Eating disorders

**Contributing Factors:**

Stigma around Youth Mental Health is one of the main reasons why Latino youths don't speak up and many of them are untreated. People in the Hispanic/Latinx community can be very private and do not share anything emotional as it is considered being weak. Many families don't seek treatment for mental illness out of fear of being symbolized as "loco" or bringing shame and unwanted attention to their families (NAMI, 2023). Stigma within the Hispanic community can also lead to a lack of information as individuals may not recognize the symptoms of mental health conditions or know where to seek help.

Social, cultural, religious, and family beliefs can influence stigma surrounding mental health conditions. These beliefs are usually a combination of ignorance and misinformation (Medical News 2021). This makes sense, given that these communities tend to rely on religious institutions as an important spiritual, educational, and social resource. In Latino communities in the United States, religious beliefs may contribute to stigmas by enforcing the misconceptions that Mental ill-health is. For example, many of these communities believe that mental ill-health

is a punishment or form of divine justice, depression is due to a lack of faith, not praying enough, sinful behaviors toward parents or others, praying and having faith in God can help reduce the risk of or treat mental health conditions, and self-harming acts, such as cutting or suicide, are due to a lack of true faith (Medical News, 2021). This demonstrates the immense role that religion takes in Mexican cultures and why it's so hard for Hispanic children to talk about their emotions and mental health.

COVID-19 had a major impact on youths mental health due to the new responsibilities that were given and the lack of communication from parent to child. Young women specifically may have shouldered more responsibilities during COVID including care for younger siblings, which impeded their own self-care (Lathan, 2023). In the surveys conducted from the article it shows that participants were worried over hearing about concerns paying for housing and food, changes in employment status, or changes in household income since March 2022 (Ornelas, 2021). All of these hardships caused a very overwhelming environment for children especially for immigrant families. As described in the article, the impact of the COVID-19 pandemic on Latinas extends beyond morbidity and mortality. Many immigrant families did not perform essential work and experienced job loss, business closures, and challenges paying for basic needs such as food and housing (Vargas and Sanchez, 2020). This caused youth depression to rise by 13% and increase globally for all ages 25%. Witnessing stress from their parents can cause a child to feel stress themselves. Being tight on money brings many problems such as bad mood/low patience, stress/depression, and self-esteem issues, which becomes a toxic home for youths.

Another COVID data from 2021 shows that more than a third (37%) of high school students reported experiencing poor mental health during COVID-19 and 44% precisely felt sad

or hopeless (CDC, 2022). The new analyses also describes some of the severe challenges youths encountered during the pandemic for example, more than half (55%) reported they experienced emotional abuse by a parent or other adult in the home, including swearing at, insulting, or putting down the student, 11% experienced physical abuse by a parent or other adult in the home, including hitting, beating, kicking, or physically hurting the student, More than a quarter (29%) reported a parent or other adult in their home lost a job (CDC, 2022). All of these burdens created a heavy weight on families but mainly youths who are barely learning how to adapt themselves into their own environment and new changes.

Family immigration is also one of the main reasons why youths' mental health is unstable. This is often a stressful life change that can be devastating when families are separated at the border and if Latino immigrants are undocumented, they have the additional stress from a fear of deportation (Marcelli and Pastor, 2022). This can cause financial hardships and emotional damage as families are being separated, which can trigger other mental health issues or illness. A study done in Monterey county estimated that unauthorized immigrants represent a larger part of our community by 18% (Marcelli and Manuel Pastor, 2022). Furthermore, an estimated 40% of all children (85 of whom are U.S. citizens) residing in East Salinas have at least one unauthorized parent.percent At the same time, unauthorized immigrants are often deeply rooted in their communities in East Salinas, about half have resided in the United States for over a decade (Marcelli and Pastor, 2022). This statistically proves how undocumented families that live in our county have high rates of depression and anxiety due to socioeconomic backgrounds, lack of access to health care, food insecurity/poverty and more.

More studies show the huge effect that immigration status has on youths mental health and environment. Many of them suffer from language barriers and lack of resources. Most don't



even have knowledge on what “mental health” is and most of the time the term mental health is very stigmatized. American Academy of Pediatrics shows a study of how immigrants and refugees to the United States, are at risk of psychological stress and consequently develop symptoms of anxiety, depression, or PTSD (American Academy, 2022). Some children and families also experience traumatic separations during the process of migration or due to parental deportation. All of these barriers and issues cause a lot of conflict in families and affect youths' school education such as grades, attendance, self-esteem, and ability to pay attention.

### **Consequences:**

High rates of depression is also a consequence of this issue. Not having the proper help and resources can make the youth feel misunderstood and therefore feel even more depressed and lonely. Lack of awareness in families only causes more conflicts as many parents tend to yell at the child and tell them to “get over it” or assume they’re just being “lazy”. Many different research studies show that 22% of latino youth are depressed, which is a higher rate than any minority besides Native Americans, that endure much stress, discrimination, and bullying (Despres, 2017). These statistics show how much Latino youths are being trapped in their own body without knowing who to turn to for help. This will only continue to get worse and increase their mental health negatively if more awareness is not being implemented.

Depression can cause other severe health issues if it’s not being treated correctly or taken care of. Many of these mental health issues can also have long term effects in a person if it goes untreated. Recent data from the Youth Risk Behavior Survey in 2019, shows how 40% of Hispanich high schoolers reported feeling sad or hopeless almost everyday (Hispanic Children and Families, 2020). This was a significant increase from the 34% who reported the same

symptoms in 2017. Hispanic adolescent females were especially likely to report feeling this way with 50% compared to males 29% (Hispanic Children and Families, 2020). Symptoms of depression are linked to poor academic and social outcomes and can increase the risk of suicide, which has also been seen a lot. Females are 23% more likely than males to commit suicide.

Eating disorders are highly seen in the Hispanic communities, especially because Hispanics seek treatment less often than their non-Hispanic White counterparts. Across all eating disorder diagnoses, with about 14.6% of Hispanic adults who meet the criteria for anorexia nervosa, 44% meet the criteria of bulimia nervosa and 25.9% for binge eating disorder seeking treatment (Hernandez, 2022). The most common barriers to accessing care reported were cost of treatment, eating disorder stigma, and mental health shame. We need to raise more awareness and talk more about the situation and provide these families with resources in their language as well.

Other research shows how clinicians are less likely to recognize eating disorder pathology in racial and ethnic minority women than in white women. Socio Economic issues also play a huge role on youths' eating disorder habits (Lauer, 2022). As Hispanic individuals are currently the largest racial and ethnic minority group in the U.S it is increasingly necessary to pay attention to the prevalence of eating disorders and risk factors for developing this habit too. These are very life threatening situations that are highly affecting our youths' health and we need to improve it.

Suicide is the main consequence of all contributing factors. The economic barrier in the Latino community is also very important to this issue as well. Recent studies show that suicide attempts for Hispanic girls from grades 9 to 12 were 50% higher than white girls in the same age group (Rodriguez, 2019). Moreover, out of the 1 out of 5 Latinos suffering from depression, only

20% of those individuals seek help and less than 5% tell a relative (Rodriguez, 2019). This shows the misconception of mental health in Mexican culture. Latinos are taught to not believe in doctors because our “abuela” always knows the right remedies to cure it all. Additionally, some Latinos believe that praying every day will stabilize their mental health, and therefore refuse or are reluctant to seek any medical treatment for their illness (Rodriguez, 2019).

Suicide and COVID-19 had a correlation with each other as one thing triggered the other. For instance, the Hispanic community reports that this group continues to lack access to adequate health care including mental health care. Many experienced severe depression and a report by the Centers for Disease Control and Prevention said that 18.6% of Hispanic respondents seriously considered suicide, which is higher than the 10.7% average (Basturo, 2020). Policy changes are needed to increase health insurance coverage and also outreaches around the community to promote awareness. As a community we need to inform and help one another. By creating outreaches we are spreading valuable information and resources that can potentially save lives and families.

**Working Title:** Administration/Outreach

### **Project Description**

A project the intern will be implementing is raising awareness for youths who are suffering from mental health and aren't being heard. An event will be created with different activities that can bring the community together and share resources. This will create a safer environment for families and also bring AIMs mission into reality by enforcing their mental health training curriculum into the community. It will also benefit the organization to reach out to our Hispanic culture since they have been perserving to educate people of color about the

repercussions that severe mental health has. An outreach can provide valuable information for those who are in need or those who aren't aware of signs and symptoms of mental health issues. The outreach has to have a Mexican cultural setup. Providing food and entertainment will always grab their attention as well, so making them feel safe will allow them to acknowledge our information. The project meets these standards because it will increase a lot of awareness and help Hispanic families communicate more effectively about their mental health. They will also have the resources of who or where to call with the simple information of the flier.

The intern will also be hosting a table at this event and is in charge of creating and designing a bilingual flier (English/Spanish) where it shares information about the agency's resources such as the Youth Mental health training for teens/youths and adults and the programs that they have with schools. In honor of our culture and its being El Dia De Los Muertos heritage month the table will be designed with catrina skulls like tablecloths, goodie bags, and Mexican candies since November is month of this Hispanic tradition. The goodie bag created will have an AIM's logo pen, notepad, water bottle, water tattoos, stickers, and the agency business cards. The intern bought Mexican candies from a local Hispanic store such as Mazapanes, paletas de payaso (that the youth love), Fortune hand lollipop, chocolates, and banderitas de coco.

### **Project Justification**

A contributing factor that is being addressed will be raising awareness in Hispanic communities and reducing the stigma that mental health carries. Bringing different organizations together allowed many families to stock up on resources and be informed of new programs. Most organizations give out goodie bags with narcan, drug tests, reusable water bottles, stickers, business cards, and pamphlets about program information. Freely giving out these valuable

resources to people who may be suffering through an addiction or any mental health issue can save a loved one's life.

This project meets best-practice standards because it's a topic that has been brushed under the table for many generations. We are continuing to see the increase of youths being diagnosed with serious mental illness and it's a must to come together for a change. Monterey county has high rates of adolescents and adults suffering from multiple mental illness such as suicide, depression, and OCD. 43.9% need and receive behavioral health care services while 28% are ages from 18-24 and 54.7% are 25-44 years old (Monterey County, 2023). Statistics show that the younger age group of 18-24 had the highest percentage of attempts in suicide (35.9%) and 25-44 was 21.7% (Monterey County, 2023). By race it showed that in Monterey county 23% of Hispanic attempted suicide, 17% white, and 41% were two or more races of color (Non-Hispanic). Due to the high percentage of mental health disorders in suicide and depression this outreach will definitely target many positive goals.

## **Benefits**

The benefits that will result from the project would be a positive environment for Hispanic youths and families, awareness about mental health, and improve stigma against mental health in Mexican culture. This will also be beneficial for the agency because it will support their mission statement as they are trying to bridge the gap in mental health resources for minorities. This will also bring cultural recognition about the Hispanic community to the agency and will help them have better knowledge on where to guide them for resources. Individuals will start feeling more comfortable and have that hope of improving their mental health and will at least

feel safe to make a call to a place that can provide help based on the experience they had at the outreach or by simply having the information to our agency due to awareness.

### **Implementation Process**

The implementation process will be plenty of planning and getting in contact with our local organizations and suppliers (food/drinks/snacks), but also on gathering all of the materials with logos (notepads, pens, printed resources). Jennie is our program director from our Ideas lab and she is the person in charge of getting our resources together such as our programs and Ideas Lab information. Connie, who is the office coordinator, is also in charge of making sure we have enough “swag bags” (bags with goodies) to give out for the outreach such as the notepads, water bottles, pens, and business cards, she also had prepared the table runner, agencies tablecloth, and AIM sign stand. The intern drove from Gilroy to Carmel a day prior to the event to pick up materials and make sure everything was set. Andrea and Yvette who are also the organizers of this event were in charge of the entertainment, which was getting the food stands, bouncy houses for youths, and the High School volunteers to perform a baile Folklorico and another group for Aztec dance. This will provide a healthy environment, enhance learning and get the community involved. The day of the event the intern is responsible for setting up the resource table and decorating around it to bring attraction and make their table approachable. This event is expecting about 300 people so we must have quite a few extra stuff in case more people swing by our table. The intern has planned to buy Mexican snacks/skull goodie bags at her local Mexican store to add all of our resources there but still making it look fun and interesting.

The event will take place in North Monterey County (Castroville). It will be on Sunday Nov 5th at 12-4pm at the Recreation park district where many youth from various ages and multicultural backgrounds reside. The skate and youth park are right next to each other so

during our resource event anyone from the community can swing by and discover information about our community programs. Since the location is very wide inside the salon 37 different local organizations have been invited to set up a table. Outside is very spacious for various entertainments and food stations to be added. The event is supposed to be something fun and engaging while we are still sharing information about our training to families and about the Ideas Lab for high schoolers. When inviting the organizations it was specified to bring their own materials to make their table stand out to bring attraction. It was also mentioned to bring games and prizes for the participants in order to make it more enthusiastic. Most of the organizations have Spanish speaking employees and often bring pamphlets that are bilingual. The intern will also create a flier with all information about AIM's resources and mental health training. This will help the community be informed about anything they need when it comes to a mental health crisis or if a loved one is going through a tough time such as suicide or symptoms of substance abuse. The intern is responsible for creating and re-designing the flier for separate age groups of youths and teens (10-12 and 15-18) in both languages (Spanish/English), organizing tables, giving out the correct information about AIM Ideas lab and our training, and guiding volunteers during the event. A way these fliers were created was through an app called Canva where you can explore different designs and get creative.

### **Assessment Plan & Expected Outcomes**

The assessment plan for the project will be to first set the best date and place for the event. Then create a spreadsheet and add all local organizations of Monterey county to call and invite them to our resource event. After the organizations have confirmed to attend an email will be sent with instructions of arrival time, set up, break room, snacks, and materials provided by

the agency such as tables and clothes. This event is going to be completely free and welcoming to everyone in order to enjoy student performances, delicious food, and explore resources that are available in our district/county. Middle and High schoolers will also be contacted to see if they are interested in volunteering for a baile Folklorico performance and Aztec dancing. A measurable expected outcome for the project is to have at least 300 attendees at the event and share at least 50 flyers that contain information about our programs and school collaborations for youths. We are also expecting to have at least 20 new participants sign up to our youth mental health first aid (YMHFA) parent training. The major expectation for the team is to create change and bring hope into families lives by demonstrating support and guidance.

### **Project Results**

The results were incredible. We got more than what we expected, which is an extreme blessing to create a change for communities. 800 attendees participated in the outreach and more than 200 people came to interact at the AIM's resource table where the intern was in charge. Measures used to properly understand the communities served and make this project impeccable was by my mentor helping me create a survey to send out to the people who have attended our events and training. Receiving feedback about our programs but also information about the individuals themselves is also important such as education, background, marital status, etc... This information allowed us to bring the adequate materials and program information for the outreach.

Methods used were going to the store and buying a quantity of candy to add for kids to enjoy. I also created a flier through canva that was shared and articulated with families passing by my resource table. Having a visual paper made it easier for others to follow along while explaining. The results were very unexpected but positive as our mission to raise awareness in Hispanic communities was accomplished. This outreach opened delightful and unforeseen



connections with other organizations as well, which will make our mission grow and be accomplished as we all unite to fight this crisis. The director of Charlie Health who also engages in youth mental health walked up to our AIM's table and expressed her interest in collaborating. This is a big door opener for our agency as we are also willing to expand and train as many professionals as possible. My mentor Olivia was extremely proud and excited with the results of the project. I emailed her the next morning with the updates of the event and she replied " I'm so happy reading this! That's wonderful so many people came through and engaged with your table" (O.Schultheis, Personal Communication, November 6, 2023). Jennie also sent me an email the next morning checking up on the event and thought the results were amazing. She was proud of the effort that was put into this.

### **Conclusion & Recommendations**

The conclusion about the contributing factors being addressed is to strengthen families and inform them that many organizations share the same support as what AIM does, which is to help youths and families in need. AIM hopes to improve the mental health of youths by helping them cope and adapt to new environments. Making children comfortable and having the knowledge of where to call for help is also essential. The overall issue identified is the stigmatization that mental health has wrapped around. Many families believe praying and believing in God is enough to cure mental issues but sometimes it's deeper than that. Children most importantly need to be heard, loved, and understood. A recommendation for the agency based on current findings is to have more extra flyers printed for students to take to their schools and pass them around. This is an effective way to share awareness about our resources but also our agency and how we can help families find a safe solution. Another recommendation would be for the agency to create a Hispanic club that can also be implemented in schools like they

have for the “Ideas lab” which later can be promoted in outreaches and events. This will help Hispanic students feel a connection with the agency too.

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## Appendix A

### Project Implementation Plan : Paragraphs of the steps of your project:

Activities	Deliverables	Timeline/Deadlines	Supporting Staff
Have a check in meeting about the capstone project	Task assignment	By October 16, 2023	Mentor, Jennie and student
The intern created bilingual fliers through canva	Promote a healthier community	October 25, 2023	Intern
Meet with Andrea for check in about event logos	N/A	Oct 27, 2023	Andrea and Intern
Emailed and had a meeting with Jennie to discuss what programs are going to be promoted at the event	N/A	Oct 28, 2023	Jennie, Paola
Have a check in meeting about the event and set up a date	Raising awareness creates a more educated community	Oct 29th, 2023	Jennie, Olivia, Intern
Revise flier meeting with my mentor Olivia S.	Task assignment	Nov 3, 2023	Paola (intern) and Olivia
Intern went to her local Mexican store to buy snack	Strengthen families through cultural awareness	Nov 4, 2023	Paola

<p>Intern and Connie communicated and set up a time for intern to drive to Carmel and pick up materials</p>	<p>Task assignment</p>	<p>Nov 4, 2023</p>	<p>Paola, Connie</p>
<p>Woke up very early to catch some breakfast and set up for the event and meet with the volunteer for extra support.</p>	<p>Raising awareness</p>	<p>Nov 5, 2023</p>	<p>Paola, Volunteer</p>



## Youth Mental Health First Aid:

For more information contact Olivia Schultheis [olivia@aimymh.org](mailto:olivia@aimymh.org)

Youth mental health (YMHA) is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and any other citizen how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge. Youth Mental Health First Aid is available in English and Spanish.

YMHA training is valued at \$170 per person by the National Council for Mental Wellbeing. AIM can offer the certification for \$95 per person.

### LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE):

- A**sses for risk of suicide or harm
- L**isten nonjudgmental
- G**ive reassurance
- E**ncourage appropriate professional help
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### After the course you'll be able to:

- Understand how to interact with a young person in crisis
- Know how connect a young person in crisis
- Better understand trauma, substance use, self care and impact of social media
- Recognize common signs and symptoms of mental health challenges, depression, eating disorders, and ADHD

### About Training:

It is a 7 hour training that consist of 2 hours of self placed online asynchronous pre-work, followed by a 5 hour instructor Led Session. After the participant completes a final examination online, a post-survey, and an E-certificate is available for download.



**AIM**  
YOUTH MENTAL HEALTH

Teen Mental Health First Aid

Para preguntas contacta a Olivia Schultheis [olivia@aimymh.org](mailto:olivia@aimymh.org)

Teen Mental Health First Aid es un currículo de pares a pares basado en la evidencia para adolescentes en los grados 10-12, o las edades 15-18. Este entrenamiento enseña a los adolescentes cómo identificar, entender y responder a los signos de salud mental y los desafíos del uso de sustancias en sus amigos y compañeros. Los adolescentes adquirirán las habilidades para tener conversaciones de apoyo con sus amigos y aprender a obtener ayuda de un adulto responsable y de confianza.

Es un entrenamiento de 4.5 horas en 3 Sesiones dirigidas por Instructores. Cada adolescente recibe un manual para mantener y también recibirán un certificado de éxito después de asistir alas 3 Sesiones.

### Lo que cubre el programa

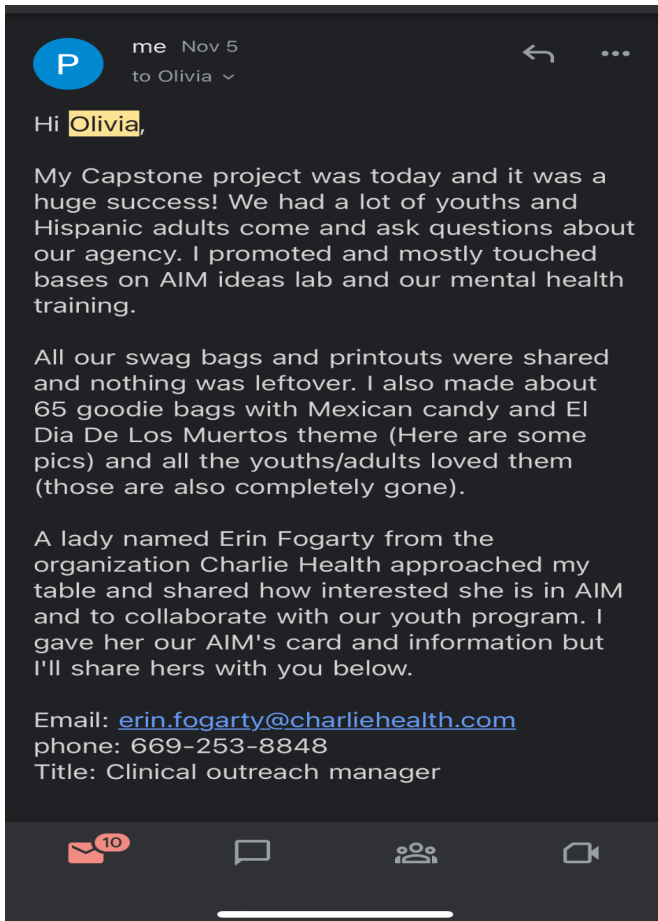
- ✓ Cómo iniciar la conversación sobre la salud mental y abuso de sustancias
- ✓ Signos y síntomas comunes de salud mental y abuso de sustancias
- ✓ El impacto de la violencia escolar y el acoso escolar en la salud mental
- ✓ ¿Cómo solicitar la ayuda de un adulto responsable y confiable?

### Después del curso los jóvenes tendrán la capacidad de:

- ✓ Reconocer signos tempranos de que un amigo está desarrollando un problema de salud mental o uso de sustancias.
- ✓ Comunicar cómo hablar con un amigo sobre la salud mental y solicitar ayuda
- ✓ Discutir dónde encontrar recursos apropiados y útiles sobre problemas de salud mental y ayuda profesional.
- ✓ Aplica al tMHFA Action Plan para ayudar an un amigo con problemas de salud mental o abuso de sustancias.

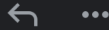
**Mental Health FIRST AID**  
THE NATIONAL COUNCIL FOR MENTAL WELLBEING







Olivia Schultheis Nov 6



to me ▾

Hi Paola,

I'm so happy reading this! First of all congrats on your hard work paying off and completing your capstone!

Also that's a lot of goodie bags!! That's wonderful so many people came through and engaged with your table.

Thank you for Erin's information. I've heard of Charlie Health just recently and was interested in learning more, nice to know they're also interested in us :)

You're simply AIM-azing. Thank you for all your hard work and dedication.

Best,

**Olivia Schultheis**

Program Director Youth Mental Health First Aid

AIM Youth Mental Health

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