

# Latino Anti-stigma Project

Chicano/  
Latino/  
Indígena  
Health Equity Coalition

Funded by Kaiser Permanente  
2018-2019

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# ¿Quienes Somos? Who We Are

- Asociación Mayab
- Central American Resource Center
- Horizons Unlimited
- Instituto Familiar de la Raza
- Mission Neighborhood Health Center
- San Francisco AIDS Foundation

## Latinx Anti-Stigma Project: Objectives

- Identify perceptions of mental health among Latinx subpopulations
- Determine if and how mental health stigma impacts cultural identity and context
- Identify whether perceptions of mental health differ among various Latinx subpopulations.

# CLI-HEC Participating Organizations

Participating Organization	Subpopulation
Asociación Mayab	Immigrant men
Horizons Unlimited	Newcomer Latinx youth
Instituto Familiar de la Raza	Immigrant seniors LGBT Latinx adults
Mission Neighborhood Health Center	Pregnant Latinas

# Methods and Processes

- Identify 5 Latinx subpopulations who may have unique perspectives on mental health
- Host focus groups for each subpopulation
- Distribute pre- and post-surveys to focus group attendees
- Videotape the story of at least one participant from each focus group

# Latinx Subpopulations

- Latinx youth – 13 participants
- Immigrant men – 10 participants
- Pregnant Latinas – 11 participants
- LGBT Latinxs adults – 12 participants
- Immigrant seniors – 12 participants

# What We Found

when asked whether Latinxs agreed or disagreed with the following statements...

If I needed mental health support, I would worry about what people are thinking about me.



43% of all participants agree (33%) or strongly agree (10%)

I would worry that a therapist would judge me.



41% of all groups agree (29%) or strongly agree (12%)

I think an American therapist would understand my life, background and experiences.



36% of all participants agree or strongly agree vs. 18% who disagree or strongly disagree.

The largest number of those who disagree or strongly disagree were Latinx youth with 7 out of 12 youth participants in this category.

I would feel more comfortable if different words were used to identify mental health services.



78% of all participants agree (45%) or strongly agree (33%).

The largest number of those who fall in this category are pregnant Latinas where all 11 participants agreed or strongly agreed with this statement.



Participants' top responses when asked:

If you were to seek mental health services, what would make you feel more comfortable?

(participants were allowed to select as many options as they wanted)

- ❖ Low cost/free — 50%
- ❖ Place where Spanish is spoken — 47%
- ❖ Covered by insurance — 40%
- ❖ A place referred to by friends or family — 36%
- ❖ A place I am already familiar with — 28%

Participants' top responses when asked:

In general, I look for personal support from people who are

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(participants were allowed to select as many options as they wanted)

- ❖ Same language — 83%
- ❖ Same age — 38%
- ❖ Same culture — 38%
- ❖ Same traditions — 38%
- ❖ Same gender — 36%

Mental illness is an illness like any other.



Pre-survey results across all groups indicate 46% agree or strongly agree.

Post-survey results showed 48% agree or strongly agree.

Despite minimal overall changes, there was significant movement in responses within all groups. More respondents changed their answers to this question than any other across all focus groups.

If I had a mental illness, I would seek help from a mental health professional.



43% of all pre-survey respondents agree or strongly agree.

49% of all post-survey respondents agree or strongly disagree. The greatest response changes came from Immigrant Men and Latinx Youth.

Overall, I believe people get better from therapy.



74% of respondents across all groups agree or strongly agree.

19% of respondents neither agree nor disagree.

This focus group changed my opinion about mental health.



43% of focus groups respondents across all groups agree or strongly agree, including 91% of Latinx Youth, 83% of Immigrant Seniors, and 90% of Pregnant Latinas.

# Some Takeaways

- Language matters – linguistically and culturally. Therapists who speak the same language as the client is a determining factor across all groups. How people speak about mental health services culturally is also critical, and may be a contributing factor to stigma.
- Economics matter – free mental health services and services covered by insurance are among the top three considerations of Latinos across all groups.
- Trust is a clear factor – at least 40% of Latinos are concerned about feeling judged or thought less of. This may be linked to why 36% of Latinos seek support based on a referral by friends or family.

# Takeaways, continued

- Awareness of mental health is high – Despite misgivings and concerns around mental health, Latinos largely agree that therapy can be healing.
- Education is key to change – Stigma and cultural and economic preferences play significant roles in how Latinos view mental health. However, these perceptions changed after each of the focus groups, leading us to believe that consistent education, communication, and engagement with the Latino community can positively impact this issue.

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