



CUIDÁNDONOS



MENTAL HEALTH CLASSES FOR THE HISPANIC/LATINO COMMUNITY IN CINCINNATI

LEARNING COMMUNITY 13

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BACKGROUND

- 7 in 10 Hispanic/Latino adults living in the Cincinnati area reported moderate to high stress according to the Community Health Status Survey
- Factors leading to adverse mental health outcomes include:
 - Racism
 - Poverty
 - Political instability
 - Violence
 - Distress related to the immigration journey
 - Acculturation



BACKGROUND CONTINUED

- COVID-19 pandemic has deepened the stress and disparities impacting the Hispanic/Latino community
 - Social isolation
 - Racial disparities
 - Accentuation of resource disparities (e.g. COVID-19 testing)
 - Higher rates of infection due to frontline work
 - Stress of living in multigenerational homes

Recognizing a need to address mental health and offer resources to Spanish-speaking population in Cincinnati, we created a series of classes addressing mental health, resources, and coping mechanisms.



SERVICE AND LEARNING OBJECTIVES

- To effectively teach techniques and strategies to cope with stress and improve mental wellbeing
- To assess the outcomes of each class via pre- and post-surveys
- To collaborate with Su Casa to present our classes to their clients
- To meaningfully engage with the population of Su Casa Hispanic Center while developing the cultural humility needed to treat a diverse population as future physicians



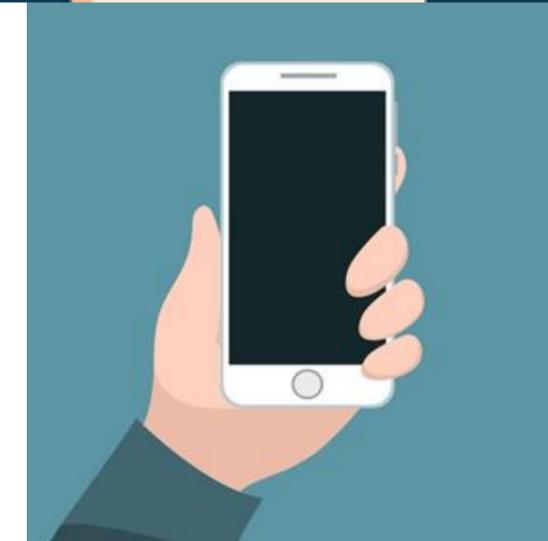
BEST PRACTICES

- **Video interventions can be more effective than in-person interventions** in destigmatizing mental illness among young people
- Mental health literacy modules **significantly improved mental health de-stigmatization and knowledge** in high school students

The image shows a screenshot of a YouTube channel page for Dr. Maria Espinola. At the top left is the YouTube logo. To its right is a search bar with the word "Search" inside. Below the search bar are two video thumbnails: the first shows Dr. Espinola in a red top in a recording studio, and the second shows her at a podium with a "Hispanic Chamber" sign. To the right of the thumbnails is a channel banner with a globe logo and the text "DR. MARIA ESPINOLA". Below the banner is a dark blue bar with white text that reads "FREE WELLNESS TIPS IN ENGLISH & SPANISH". At the bottom of the page is a navigation bar with five tabs: "HOME", "VIDEOS", "PLAYLISTS", "CHANNELS", and "DISCUSSION". The "HOME" tab is currently selected.

METHODS

1. Consulted with community partner to get a better understanding of the strengths, assets, and barriers the Latinx community faces
2. Conducted an appreciative inquiry with community members of Su Casa
3. Designed and implemented 4 virtual mental health educational modules in Spanish over the course of 4 weeks
4. Administered pre- and post-surveys
 - a. Participants that completed the surveys were placed in a raffle for \$25 VISA gift cards
5. Interviewed our community partners and a participant for feedback



EDUCATIONAL COURSE MODEL

Class 1: Introduction to Mental Health

- Led by Dr. Espinola - licensed psychologist with an expertise in diversity, women's issues, and trauma
- Topics: definition of mental health, mental health issues, and available resources in Cincinnati



Class 2: Healthy Coping Strategies

- Topic: How to deal with stress, anxiety and other common mental health issues
- Activities introduced:
 - Yoga
 - Mindfulness
 - Positive affirmations
 - Support groups



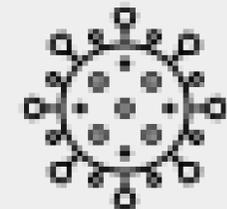
Class 3: Coping and Helping Children with Bullying

- Topics:
 - Common signs of bullying
 - Strategies to increase communication and trustworthiness between parents and their children



Class 4: Dealing with COVID-19

- Topics: What is COVID-19 and how it can negatively impacts mental health
- Provided reliable COVID-19 resources and strategies to cope with isolation, social distancing, etc

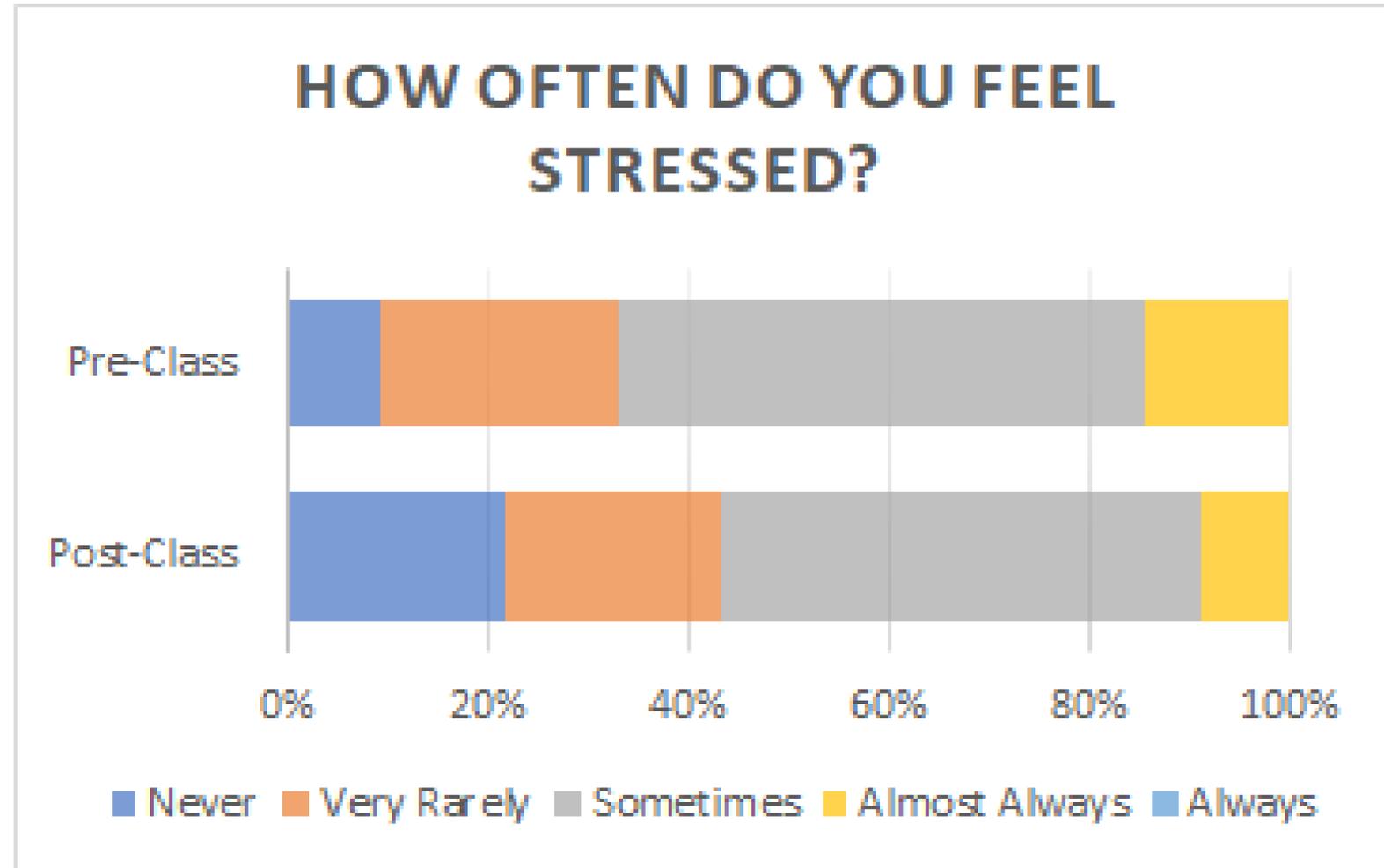


RESULTS

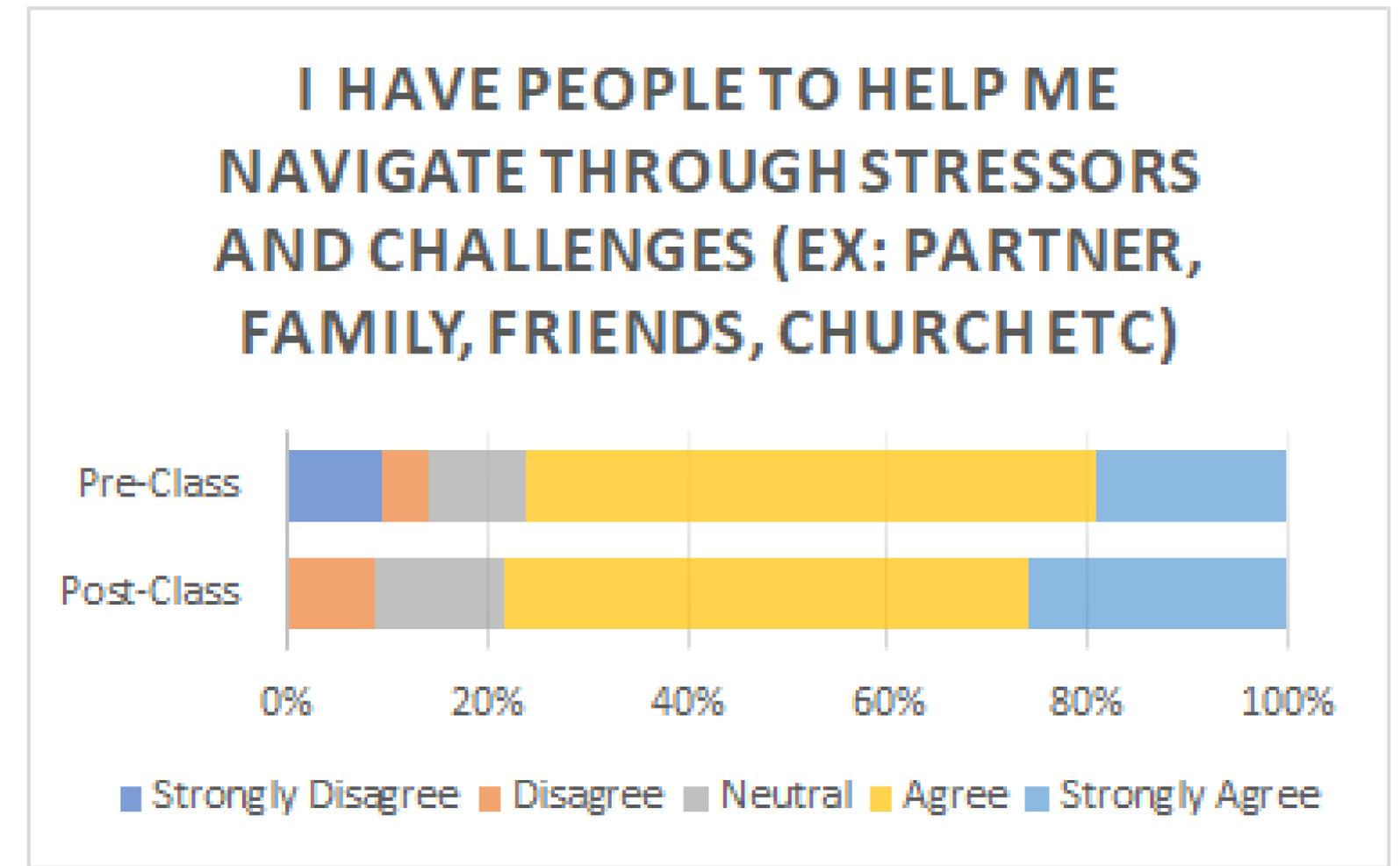
- Community LEAD (Sara Obando) feedback: “I think the project impacted the community very positively. Our focus was to educate the community about mental health education and to give them tools to understand and give them resources to combat mental health challenges”
- Community member feedback: loved the advice we gave on actionable items broken down into easy tips



RESULTS CONTINUED



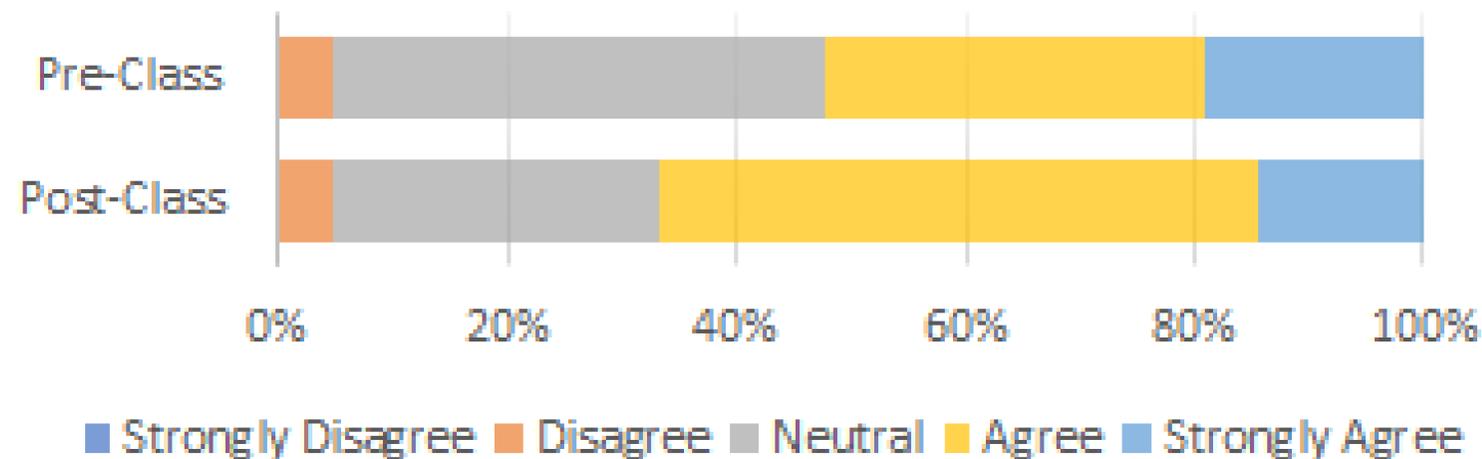
A higher percentage of people reported feeling less stressed.



A higher percentage of people reported knowing they have people to reach out to help navigate stressors.

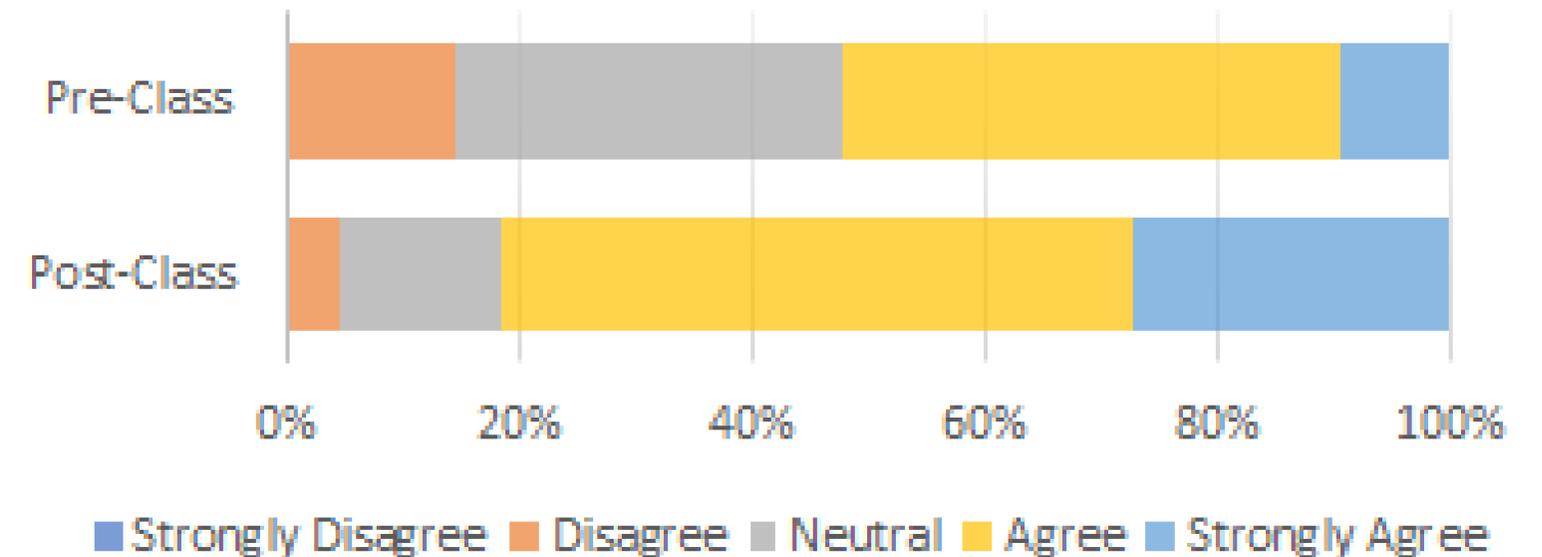
RESULTS CONTINUED

I FEEL COMFORTABLE USING THE STRESS RELIEVING TECHNIQUE LEARNED TODAY TO HELP ME MANAGE STRESS



A higher percentage of people reported feeling comfortable using stress-relieving techniques.

I KNOW WHICH MENTAL HEALTH RESOURCES ARE AVAILABLE TO ME (EX THERAPIST, CRISIS HOTLINE)



A higher percentage of people reported knowing which mental health resources are available to them.

LIMITATIONS

- The challenge of gathering pre-and post-survey results virtually
- The number of participants varied for each class
 - 32 participants across all 4 classes
 - Class 1 = 4 participants
 - Class 2 = 13 participants
 - Class 3 = 9 participants
 - Class 4 = 6 participants



CONCLUSIONS

Implementing mental health education may help to have a *positive* impact on clients in destigmatizing and raising awareness around mental health.

Our results suggest:

- Clients are more knowledgeable about techniques to manage stress and mental health resources
- Clients feel more confident and comfortable using these techniques



NEXT STEPS

- Su Casa will have access to the virtual materials created for the *Cuidándonos* classes
- Develop pamphlets, flyers, and workbooks for varying literacy levels on health exercises to cope with stressors
- Host a mental health fair
- Continue researching mental health and mental illness that exists within this population
- Continue seeking and building connections with bilingual mental health providers in the Cincinnati area



ACKNOWLEDGEMENTS

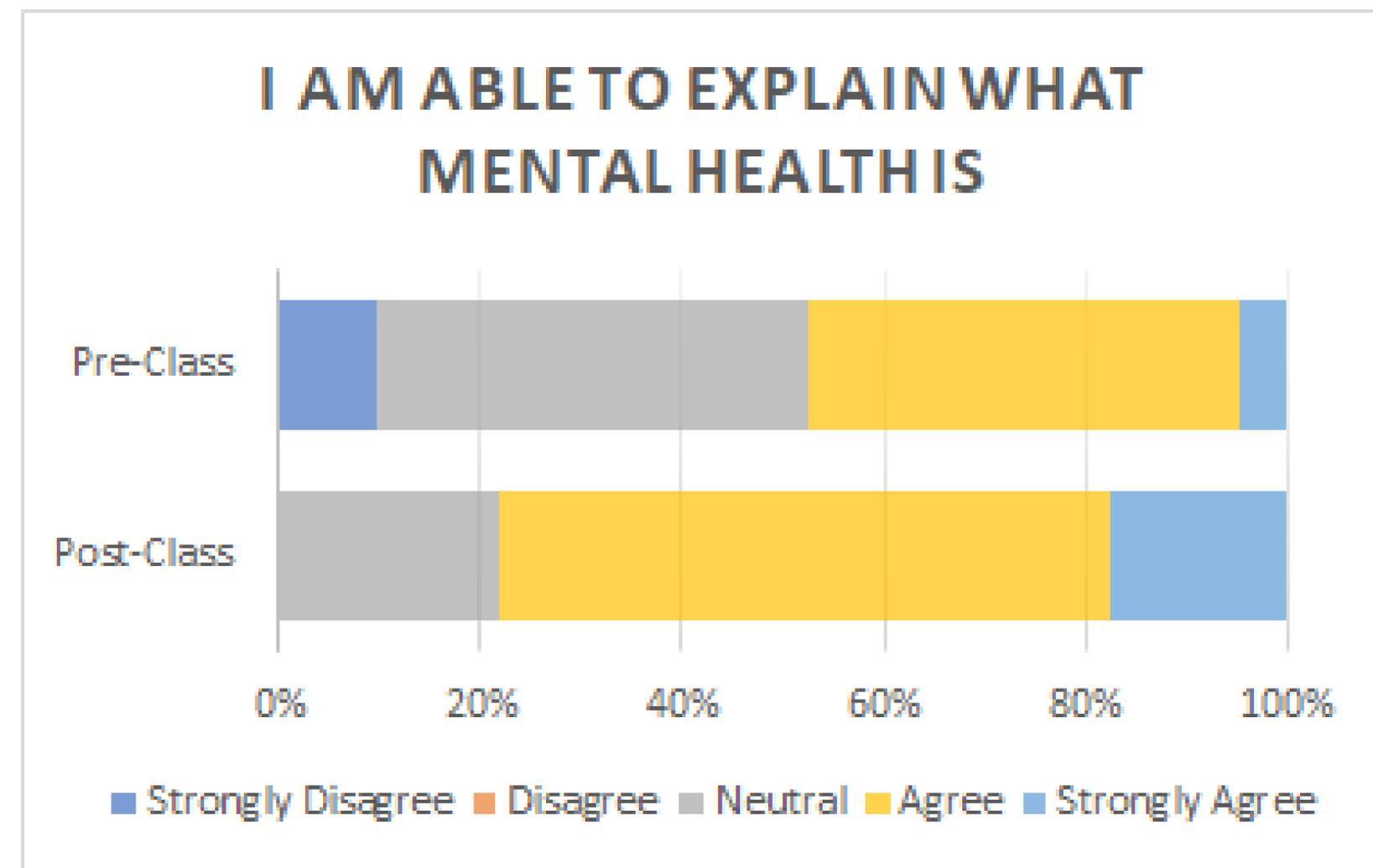
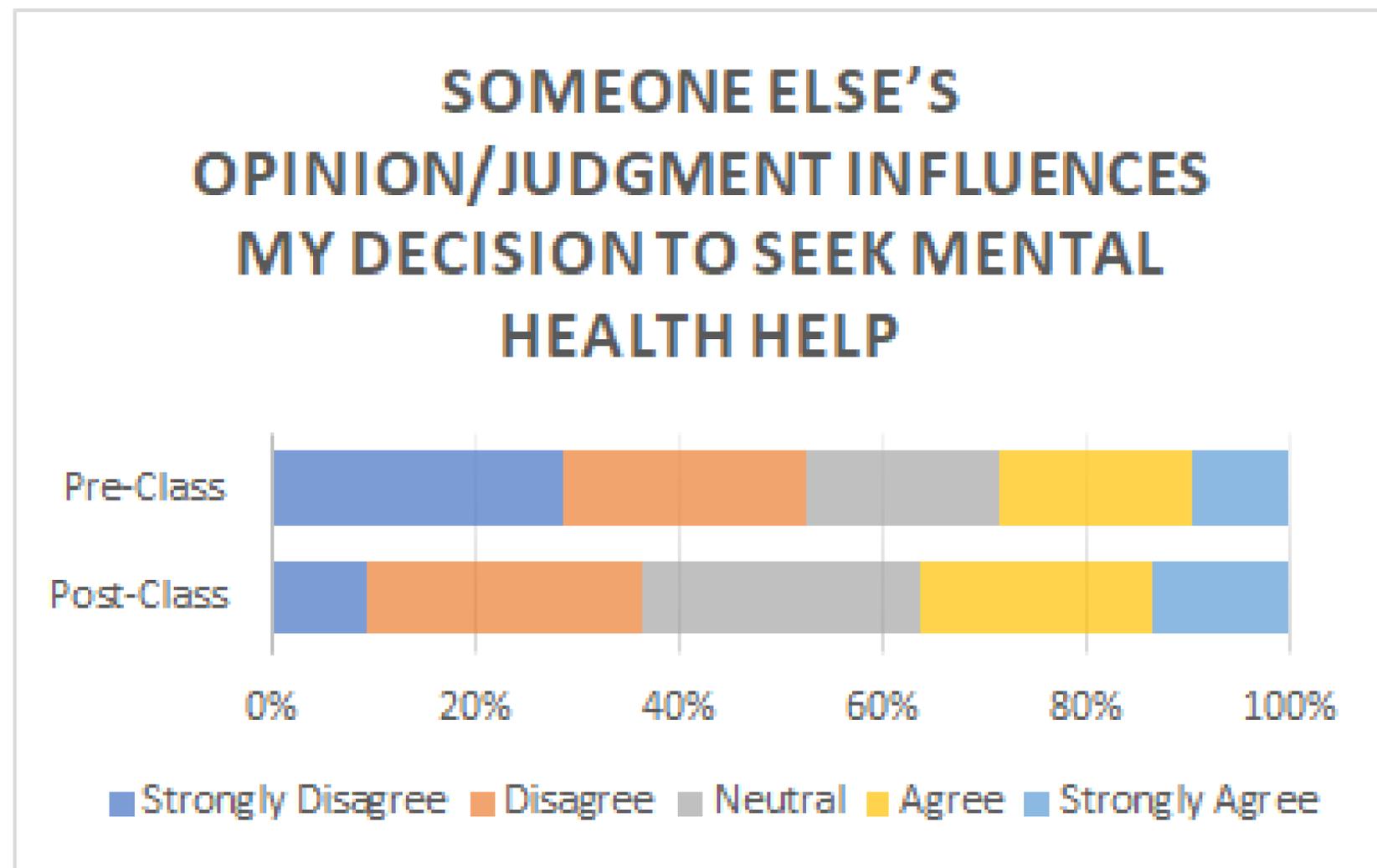
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REFERENCES

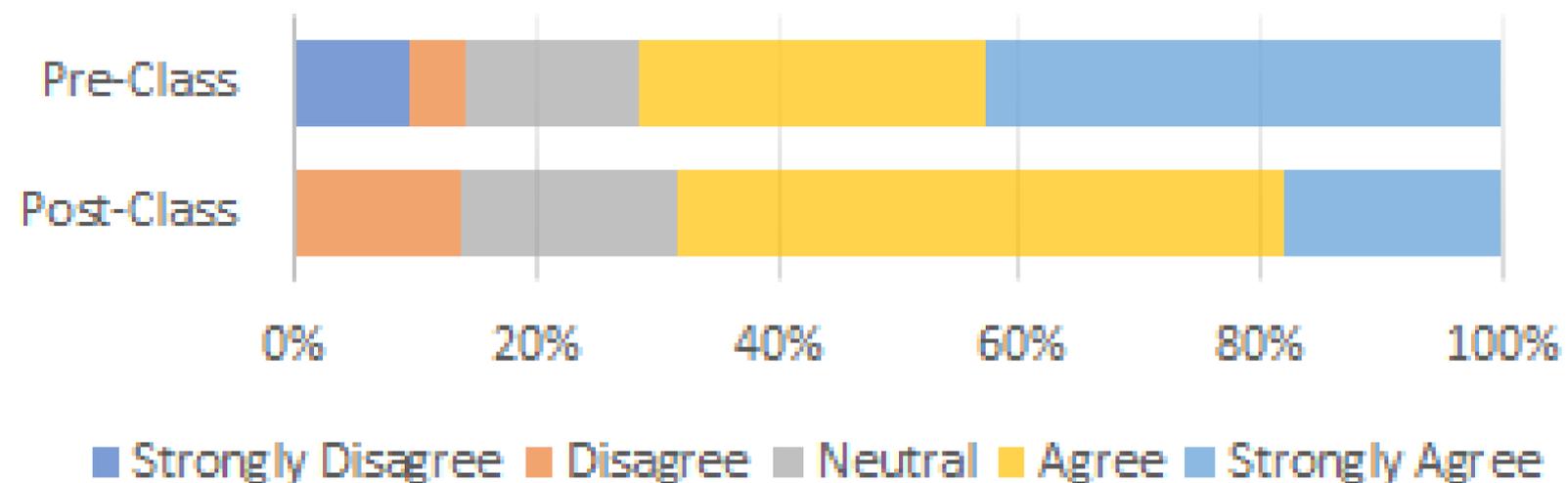
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APPENDIX



APPENDIX

I KNOW TECHNIQUES TO DEAL WITH STRESS (EX: THERAPY, PRAYER, PHYSICAL EXERCISE, JOURNALING, ETC)



I KNOW HOW TO IDENTIFY A MENTAL HEALTH CRISIS IN MYSELF OR SOMEONE ELSE

