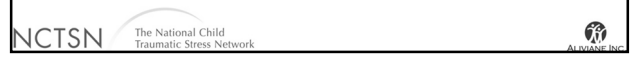


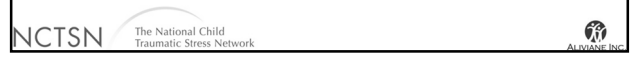
The New-Old Trauma: Immigration-Discrimination the Effects in Treatment

Dante Jimenez, MA, LPC-S, NCC
Out-Patient Services Divisional Director
Aliviane, Inc.



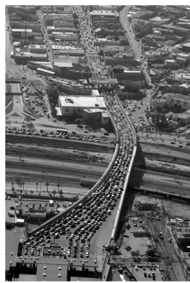
The National Child Traumatic Stress Network

The Network is funded by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services through a congressional initiative: the Donald J. Cohen National Child Traumatic Stress Initiative. As of November 2009 the Network comprises 60 members. Affiliate members—sites that were formerly funded—and individuals currently or previously associated with those sites continue to be active in the Network as affiliates.





El Paso, Las Cruces and Juarez 2010



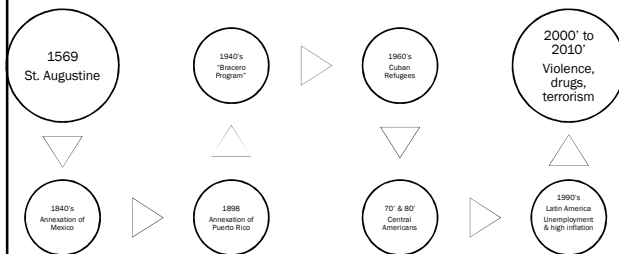
2010 Population

- Total for County of El Paso, TX..... 649,121
(http://quickfacts.census.gov/qfd/states/48/4824000.html)
- Total for County of Las Cruces, NM..... 97,618
(http://quickfacts.census.gov/qfd/states/35/3539380.html)
- Ciudad Juarez, Mexico..... **1,332,131**
(http://www3.inegi.org.mx/sistemas/mexicocifras/default.aspx)
- Total Metro..... 2,078,870

NCTSN The National Child Traumatic Stress Network



History in Immigration



NCTSN The National Child Traumatic Stress Network



Present: Immigration

- The process of immigrating from their place of origin to the new host country creates permanent traumas:

- Grief
- Physical abuse
- Sexual abuse
- Mental abuse
- Persecution
- Hunger
- Death



NCTSN The National Child Traumatic Stress Network



Multigenerations

- Immigrants: An individual who migrates from another country
- 1st Generation: The children of immigrant parents from another country
- 2nd Generation: The children of individual born in the country they are living in
- 3rd Generation and above

NCTSN The National Child Traumatic Stress Network ALWANE INC

Acculturation

NCTSN The National Child Traumatic Stress Network ALWANE INC

Mistrust and Fears

- Minorities had a lost of trust do to the constant traumatic events decreasing the percentage of communication and participation to treatment.
 - Fear of authority
 - Police
 - Teachers
 - Any governmental entity
 - Therapist

NCTSN The National Child Traumatic Stress Network ALWANE INC

Exposure

- The exposure of traumatic and dramatic experiences are a daily live event.
 - Immigrating
 - Discrimination
 - Persecution
 - Violence
 - Vicarious experience/Media
 - Television
 - Newspaper
 - Magazines



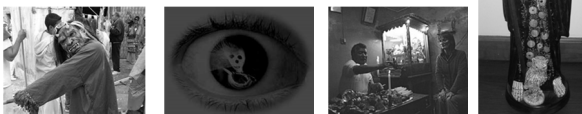
Stressors

- Poverty
- Inadequate Housing
- Single-parent families
- Substance abuse problems
- Lower level of education
- Cultural history of oppression
- Acculturation
- Immigration experiences
- Anti-immigrant discrimination



Stigma

- The perception of immigrants, primarily the Hispanic population, towards trauma or mental health treatment is poor
 - Cargar con nuestra cruz
 - Loquero
 - Curanderos
 - La Santa Muerte
 - Diablo
 - Mal de ojo
 - "Trapitos sucios se lavan en casa"



Common values among Hispanics

- Familiarismo (Family)
- Simpatia (sympathy)
- Respeto (Respect)
- Personalismo (Personalize)
- Religion (Religion)
- Espiritualidad (Spirituality)
- Jerarquia (Hierarchy)
- Machismo
- Marianismo



Adapting treatment to the Culture

- Cultural Knowledge:
 - To have an idea of the culture you work with as history, values, belief system, and behaviors.
- Cultural awareness:
 - To understand the needs of the different culture and to be aware of the differences between your culture and the other culture.
- Cultural Sensitivity:
 - To understand the cultural differences but also to concentrate in the cultural similarities between your culture and the other culture.
- Cultural Competence:
 - The combination of knowledge, awareness, and sensitivity in relation to others in a respectful and effective way and by taking into consideration language, socioeconomics, family, religion, and other individualistic factors.

The Workgroup on Adapting Latino Services. (2008).



Translation for ITCT-A

- Possible Interview Question Topics
- Assessment Treatment Flowchart
- Written Homework About My Trauma
- What Triggers me? (THE TRIGGER GRID)

(Brier and Lanktree, 2013)