

**BEHAVIORAL HEALTH AND  
PRIMARY CARE INTEGRATION  
FOR LATINOS: ASSESSMENT,  
TREATMENT, AND RECOVERY**  
CULTURAL ASPECTS

Haner Hernandez, Ph.D., CPS, CADCI, LADCI

[hanerhernandez@aol.com](mailto:hanerhernandez@aol.com)

413-627-1601

# GROUNDING THE CONVERSATION IN STAGES OF RECOVERY

- **Stabilization and Entry (1 to 60 days)**
- **Early Recovery (3 months to 5 years)**
- **Long Term Recovery (5 years and longer)**

(Source: William White, 2011)



# PRINCIPLES FOR CULTURALLY COMPETENT TREATMENT SERVICES

- Culture plays a key role in our ability to influence behavior in a patient.
- However, we cannot afford to let cultural barriers limit our ability to meet the needs of our patients, or reduce their opportunity to benefit from the services we can provide.


**Source:** Caribbean Basin and Hispanic Addiction Technology Transfer Center. (2006). *Cultural elements in treating Hispanic populations: Dialogue on Science and addiction.* Bayamón, PR: Author.

# DIVERSITY AND STRENGTH

- Latinos and Hispanics Are Very Diverse
- The Census Bureau defines "Hispanic or Latino" as a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin regardless of race (US Census, 2010).
- How Do We Engage With People Individually, While Attending To Cultural Elements?



# RECOVERY AND CULTURAL ASPECTS


- **Street Level Attitudes, Beliefs, Values, and Behaviors**
  - **Internalized Oppression**
  - **Institutionalization and Trauma**
  - **Attitudes and Beliefs About Treatment and Recovery**
- 

# COMMON CULTURAL ELEMENTS


- Family or *Familia (familismo)*
- Respect or *Respeto*
- Personal Relationships or *Personalismo*
- Trust or *Confianza*
- Spirituality or *Espiritualidad*

**Source:** Caribbean Basin and Hispanic Addiction Technology Transfer Center. (2006). *Cultural elements in treating Hispanic populations: Dialogue on Science and addiction*. Bayamón, PR: Author.

# OTHER CULTURE RELATED ISSUES IN TREATMENT


- Immigration and Migration
  - Family Difficulties
  - Gender Roles
  - Language Selection and Recovery
  - Adolescents
  - LGBTTQ
- 

# RECOVERY VALUES EMBRACED BY LATINOS AND HISPANICS

- Multiple Pathways to Recovery
  - Sense of Community and Belonging
  - Giving Back: Service To Others in Need and Larger Community
  - Willingness to Learn and Teach
- 



# KEY QUESTIONS FOR ENGAGEMENT

- How do we attend to cultural elements?
  - How do we make sure our organizations and programs are a safe and welcoming place for the community?
  - How do we partner with the recovery community?
  - What areas involving public policy should we be engaged in?
  - Where do we get mentoring, guidance, and support?
- 

**THANK YOU!**

