

Organizational Issues and Latin@s



Challenges, Barriers, for Substance Abuse and Behavioral Health Treatment

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Focus of Presentation



- ❧ Historical Background
- ❧ Reasons for Mistrusting Health Professionals
- ❧ Changes in U.S. Demographics
- ❧ Challenges for the State of Utah
- ❧ Useful Innovative Strategies

Terminology



- Latin@s = Latinos y Latinas
- Hispanics is a term used by the Federal Government for Latin@s
- Non-Hispanic whites as used by U.S. Census are considered “Eurocaucasians” or more correctly “Whites”
- Blacks is the term used by U.S. Census as a race and can include all people of African descent. “Black” Latin@s are included in Hispanic data.

Historical Background



- ❧ Self help groups like Alcoholics Anonymous were started because
- ❧ the medical field felt addiction was hopeless, &
- ❧ **Mental Health Professionals Pathologized Addiction.**
- ❧ By taking control, individuals with substance abuse problems took it upon themselves to be advocates for care and treatment
- ❧ Also to get involved in the legislative process and the funding of services for substance abusers.

Historical Background



- ⌘ In response to advocates funding for alcohol treatment services and drug treatment
- ⌘ Mental health, Alcohol TX and Drug TX services were funded separately by the federal, state, and local governments !!!
- ⌘ **Different Departments and Different Regulations.**

Historical Background



Silos of Funding = Silos of Care

- By separating the funding mechanisms, mental health, alcohol abuse, and drug abuse services remain separate
- This causes problems in different standards of care for these services and the lack of coordination and communication among those service providers.

A Challenge for Integrative Care and Mandated by the Affordable Care Act

Reasons for Mistrusting Health Professionals



The Tuskegee Experiment

- ❧ “In 1932, the Public Health Service, working with the Tuskegee Institute, began a study to record the natural history of syphilis in hopes of justifying treatment programs for blacks. It was called the “Tuskegee Study of Untreated Syphilis in the Negro Male.”
- ❧ **Researchers told the men they were being treated for “bad blood,”** a local term used to describe several ailments, including syphilis, anemia, and fatigue.
- ❧ **In truth, they did not receive the proper treatment needed to cure their illness.”**
- ❧ Source: <http://www.cdc.gov/tuskegee/timeline.htm>

Reasons for Mistrusting Health Professionals



The Puerto Rican Experiment

- œ “A 1965 survey of Puerto Rican residents found that about **one-third of all Puerto Rican mothers, ages 20-49, were sterilized.**
- œ To put this figure in context, women of childbearing age in Puerto Rico in the 1960s were more than **10 times more likely to be sterilized than women from the United States.”**

Reasons for Mistrusting Health Professionals



- ❧ “**Eugenics Board**, was intended to “catalyze economic growth,” and respond to “depression-era unemployment.” Both **U.S. government funds and contributions from private individuals supported the initiative.**
- ❧ Instead of providing Puerto Rican women with access to alternative forms of safe, legal and reversible contraception, **U.S. policy promoted the use of permanent sterilization.**
- ❧ The procedure was so common in Puerto Rico at the time that it was simply referred to as “la operacion.”

Reasons for Mistrusting Health Professionals



The American Experience

- ❧ U.S. women also are not strangers to forced sterilizations. As early as 1907, the United States had instituted public policy that gave the **government the right “to sterilize unwilling and unwitting people.”**
- ❧ Laws, **similar to Law 116, were passed in 30 states.** These policies listed the insane, the “feeble-minded,” the “dependent,” and the “diseased” as incapable of regulating their own reproductive abilities, therefore justifying government-forced sterilizations.

Reasons for Mistrusting Health Professionals



- ✧ In 1974, the U.S. Department of Health, Education and Welfare (HEW) – now the Department of Health and Human Services – **published guidelines for sterilization procedures.**
- ✧ These guidelines established a moratorium on sterilization of women under the age of 21 and on others without the legal ability to provide consent.
- ✧ A **72-hour waiting period** between the signing of a consent form and the procedure was mandated.

Reasons for Mistrusting Health Professionals



- ⌘ A written statement that women would not **lose their welfare benefits if they refused the sterilization** procedure and reserved a woman's right to change her mind and
- ⌘ refuse the procedure anytime up until the surgery, even after granting original consent, served as informed consent.

Reasons for Mistrusting Health Professionals



- œ ...studies conducted by the ACLU and the Center for Disease Control in 1975 **showed that noncompliance with the guidelines was widespread.**
- œ In the 1970s, New York City public hospitals were bearing the brunt of regional complaints. These hospitals were the major source of health care for the city's economically disadvantaged, and consequently provided reproductive services for many of the city's poor women.

Reasons for Mistrusting Health Professionals



- ❧ In response to recognition of past government abuse in North Carolina, the state **set up the Office of Sterilization Abuse in 2011.**
- ❧ This government entity seeks to identify victims of forced sterilization at the hands of the State's Eugenics Board, and compensate them for the state's actions against them.

Reasons for Mistrusting Health Professionals



- ❧ Latina women in Puerto Rico, New York City, and California were specifically targeted by the government for sterilization throughout the 20th century.
- ❧ Black women have also long been the targets of population control and have been disproportionately affected by sterilization abuse.
- ❧ In North Carolina, a state noted for its discriminatory sterilization practices in the 20th century, 65 percent of sterilization procedures were performed on black women, even though only 25 percent of the state's female population is black.
- ❧ <http://www.ourbodiesourselves.org/health-info/forced-sterilization/>

Reasons for Mistrusting Health Professionals



- ❧ Some psychologists were involved in the interrogation and torture program during the Bush Administration and the American Psychological Association (APA) supported the program during that time .
- ❧ As alleged by James Risen in various NY Times articles and in his 2014 book **PAY ANY PRICE: Greed, Power, and Endless War***
- ❧ And verified by the independent report produced by the APA referred to as **the Hoffman Report** on July 2, 2015**
- ❧ *Risen, James (2014) *Pay Any Price: Greed, Power, and Endless War*. Houghton Mifflin Harcourt Publishing Company, New York
- ❧ **apa.org/independent-review

Reasons for Mistrusting Health Professionals



- œ "...drug use was uncommon in Puerto Rico in the 1950s,
- œ it markedly increased in the late 1960s.
- œ In the 1970s the increase in drug use, particularly among those under the age of 25, became a major concern in Puerto Rican society.
- œ https://en.wikipedia.org/wiki/Illegal_drugs_in_Puerto_Rico

Reasons for Mistrusting Health Professionals



∞ **Operation Bootstrap** – “...in 1948 the United States government began Operation Bootstrap, which invested millions of dollars into the Puerto Rican economy.”

∞ https://en.wikipedia.org/wiki/Operation_Bootstrap

Reasons for Mistrusting Health Professionals



☞ Interestingly, Operation Bootstrap & Drug problems in Puerto Rico have similar timelines!!!!

Coincidence???????

U.S. Changing Demographics



- ❧ The U.S. has been undergoing a rapid change in the ethnicity and race of its population
- ❧ The most populous states will transform from the majority being White/Euro-Caucasian to mostly people of color, Latin@ and African American
- ❧ How do we deal with the changing population and the need for a changing workforce?

U.S. Changing Demographics

***Projections show the fastest growing
among these groups are Latin@s***

U.S. Changing Demographics

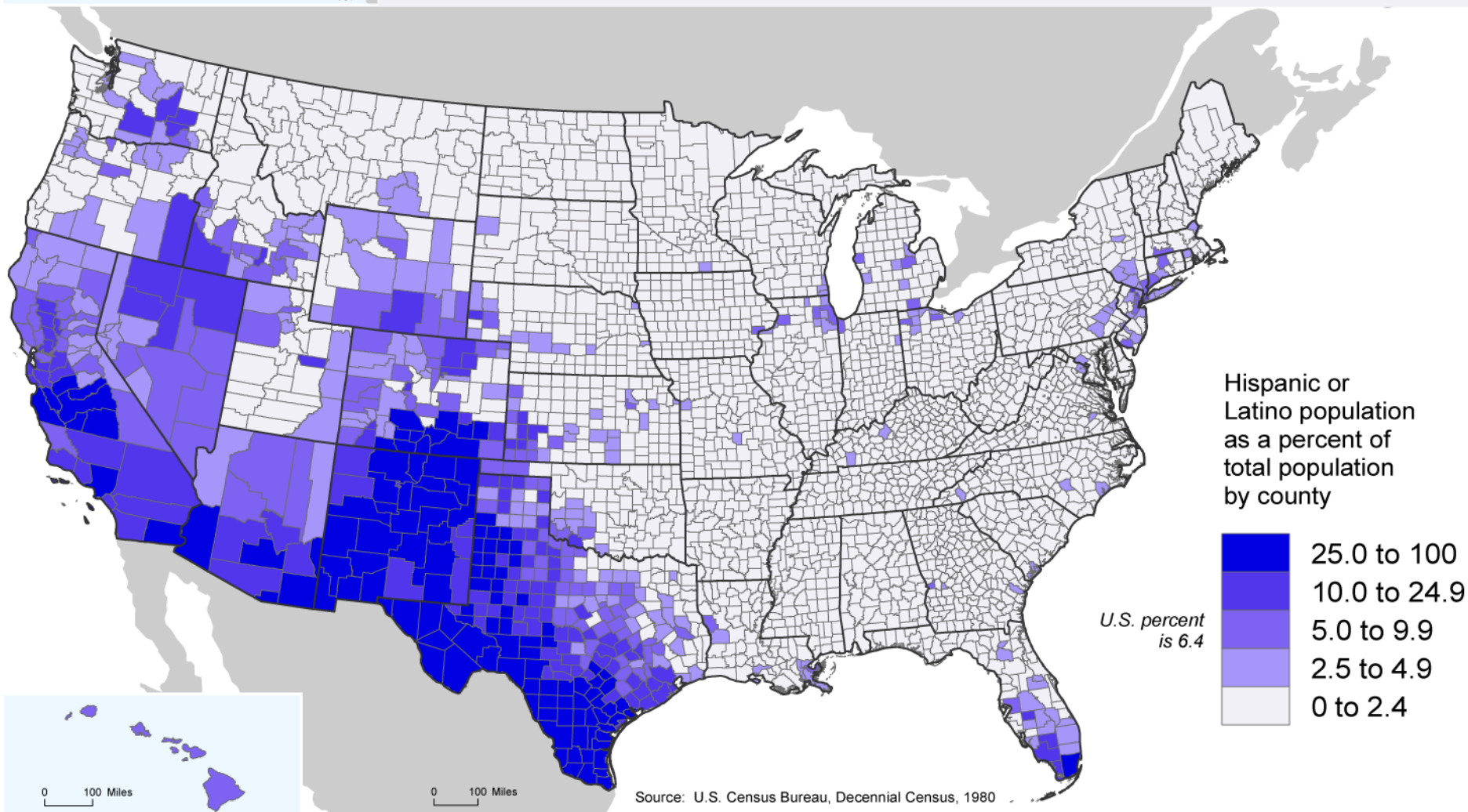
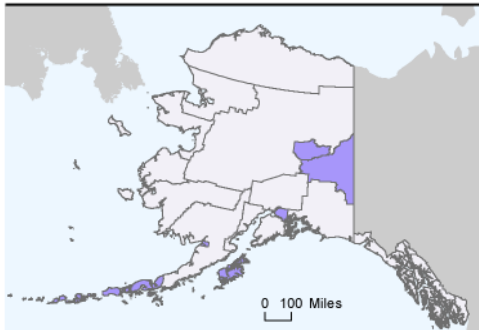
- ❧ Over 26 U.S. states will have an increase of 2% or more Latin@s from 2005 to 2025.
- ❧ Only 8 States will have an increase of 2% or more Blacks from 2005 to 2025.
- ❧ Only 8 States will have an increase of 2% or more Asian Pacific Islanders from 2005 to 2025.
- ❧ Only 2 states will have an increase of 2% or more American Indians from 2005 to 2025.
- ❧ Source: Census data collected by each state

Latin@s as the Majority



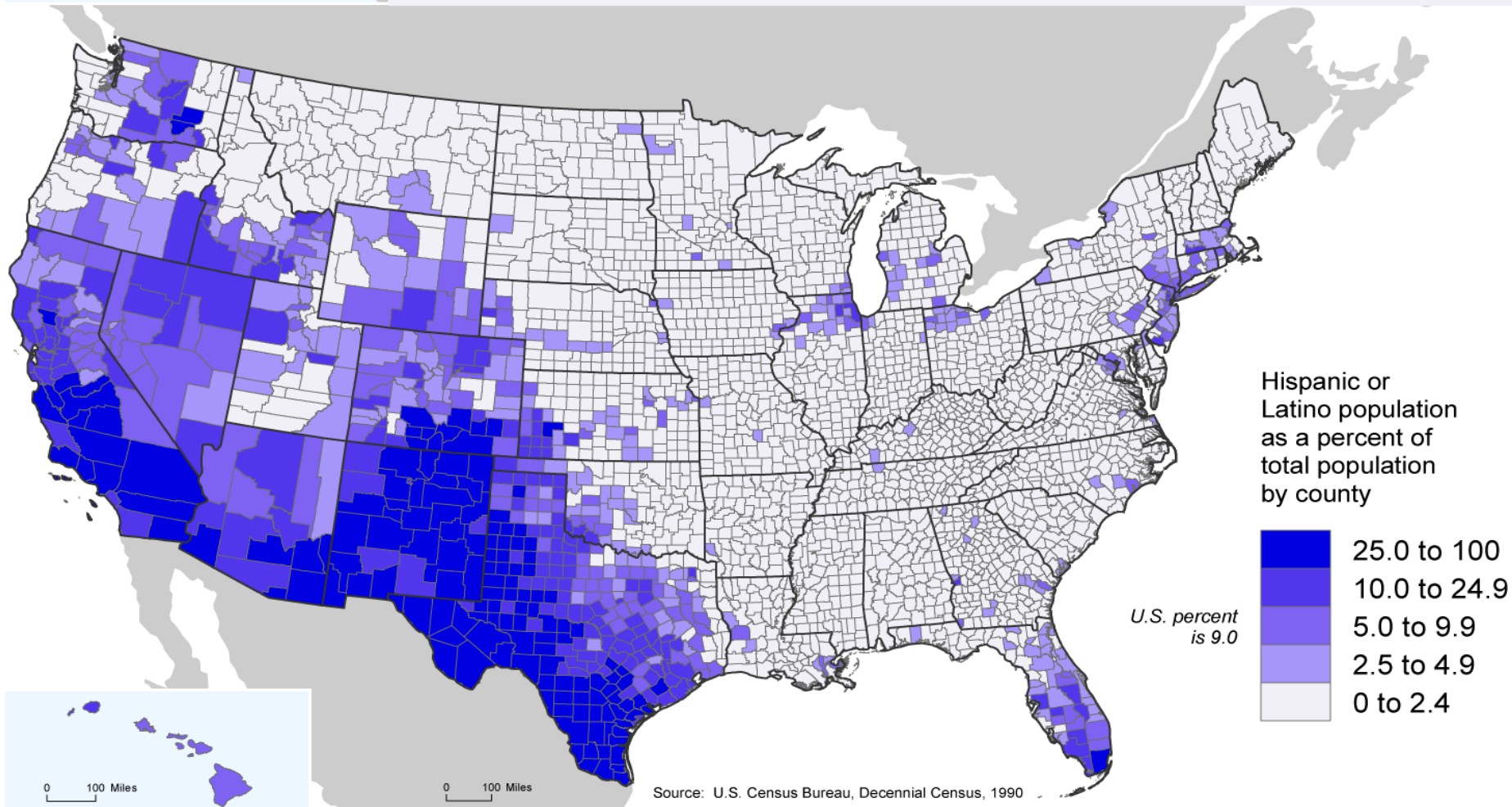
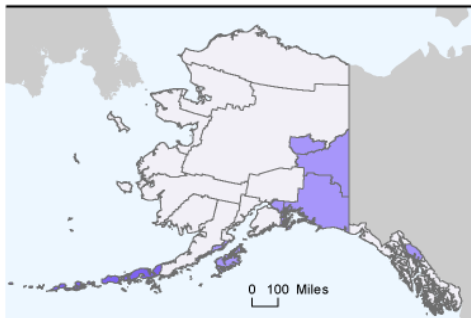
- * By 2015 over 50% of the residents New Mexico will be Latin@s
- * By 2028 over 50% of the residents of Texas will be Latin@s
- * By 2042 over 50% of the residents of California will be Latin@s

Percent of Population 1980 Hispanic or Latino

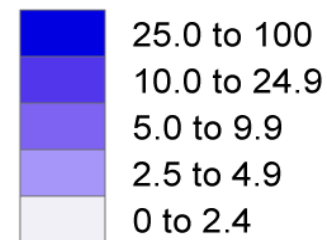


Source: U.S. Census Bureau, Decennial Census, 1980

Percent of Population 1990 Hispanic or Latino



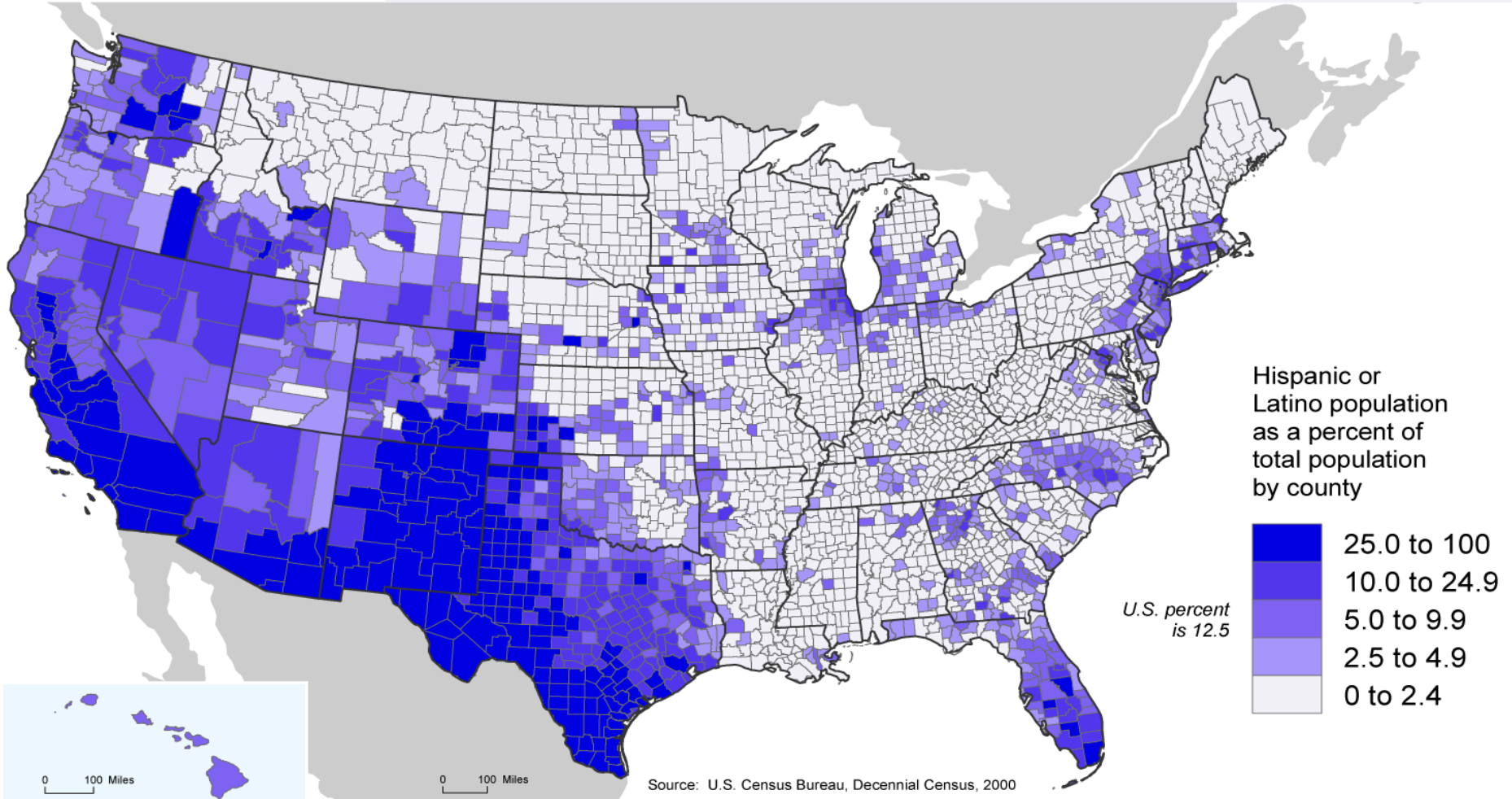
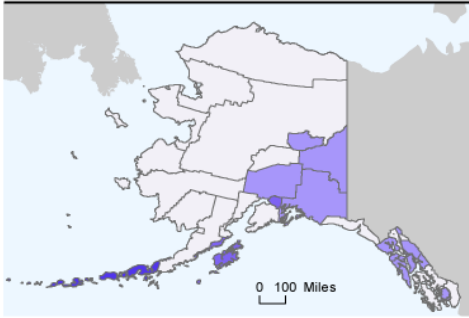
Hispanic or Latino population as a percent of total population by county



U.S. percent is 9.0

Source: U.S. Census Bureau, Decennial Census, 1990

Percent of Population 2000 Hispanic or Latino



Source: U.S. Census Bureau, Decennial Census, 2000

Percent of Population 2006 Hispanic or Latino

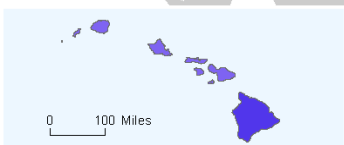
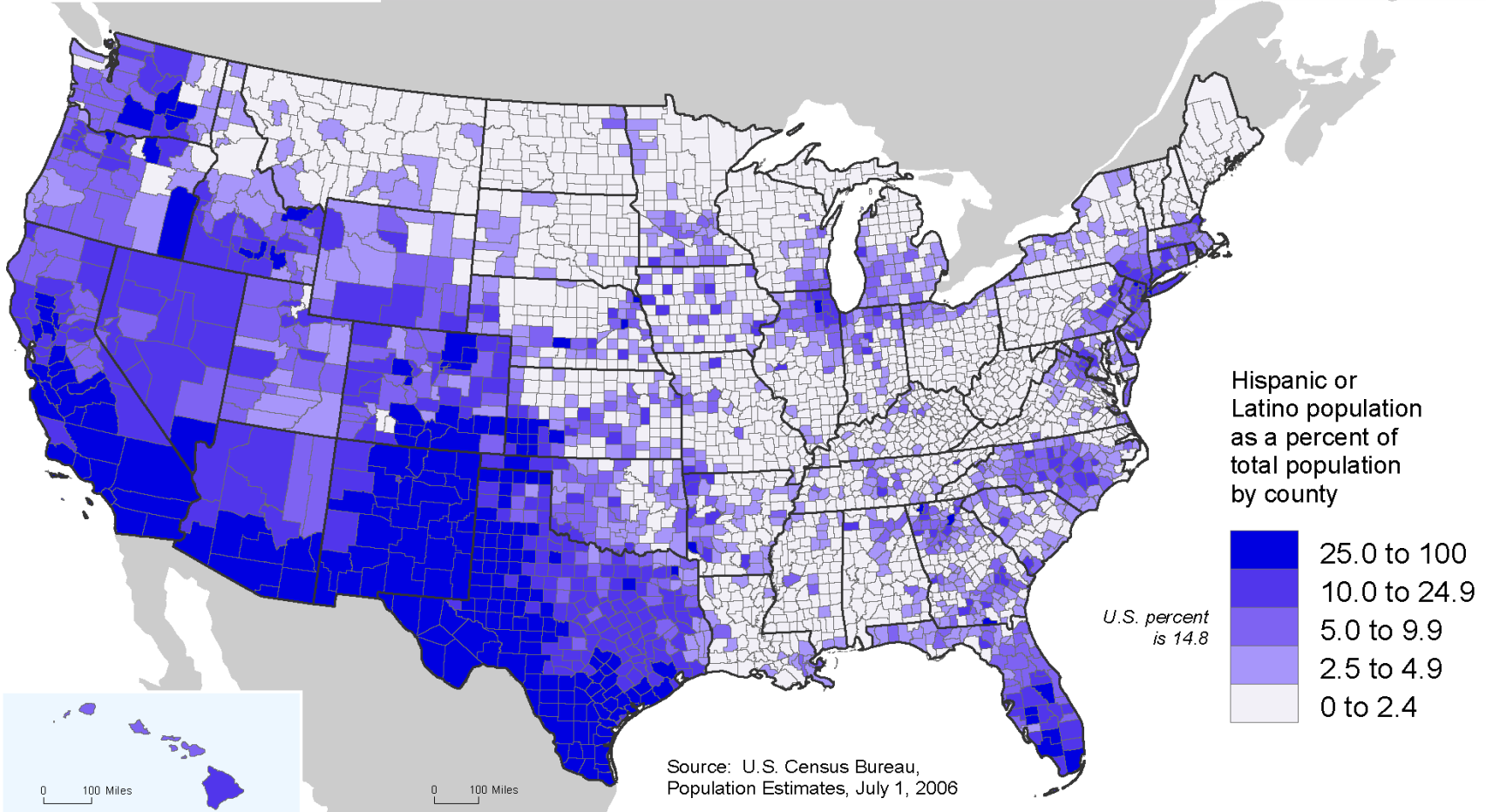
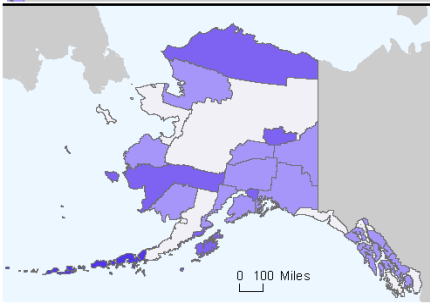
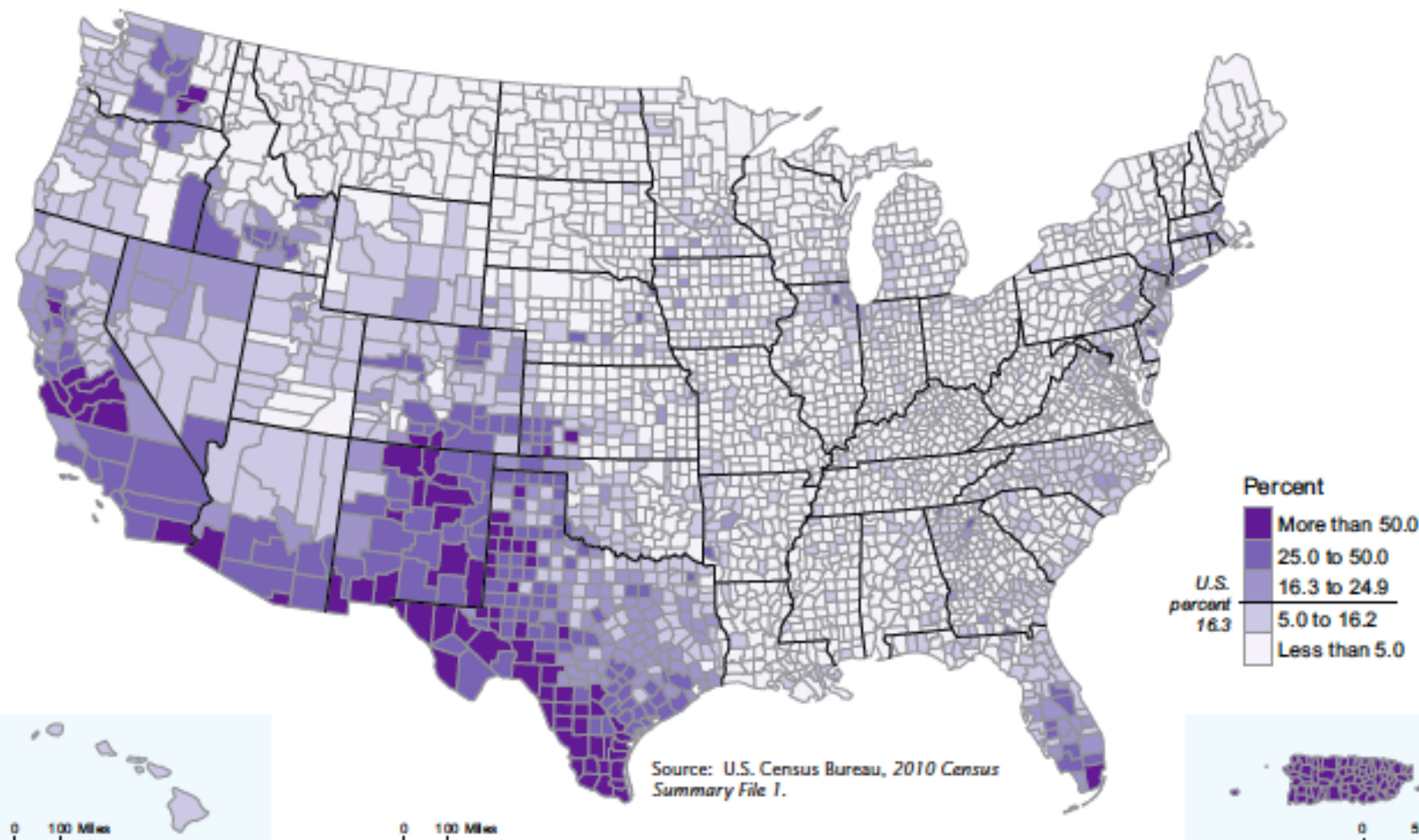
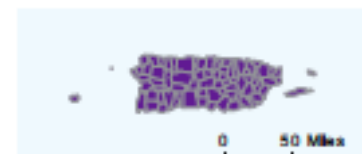


Figure 5.
Hispanic or Latino Population as a Percent of Total Population by County: 2010

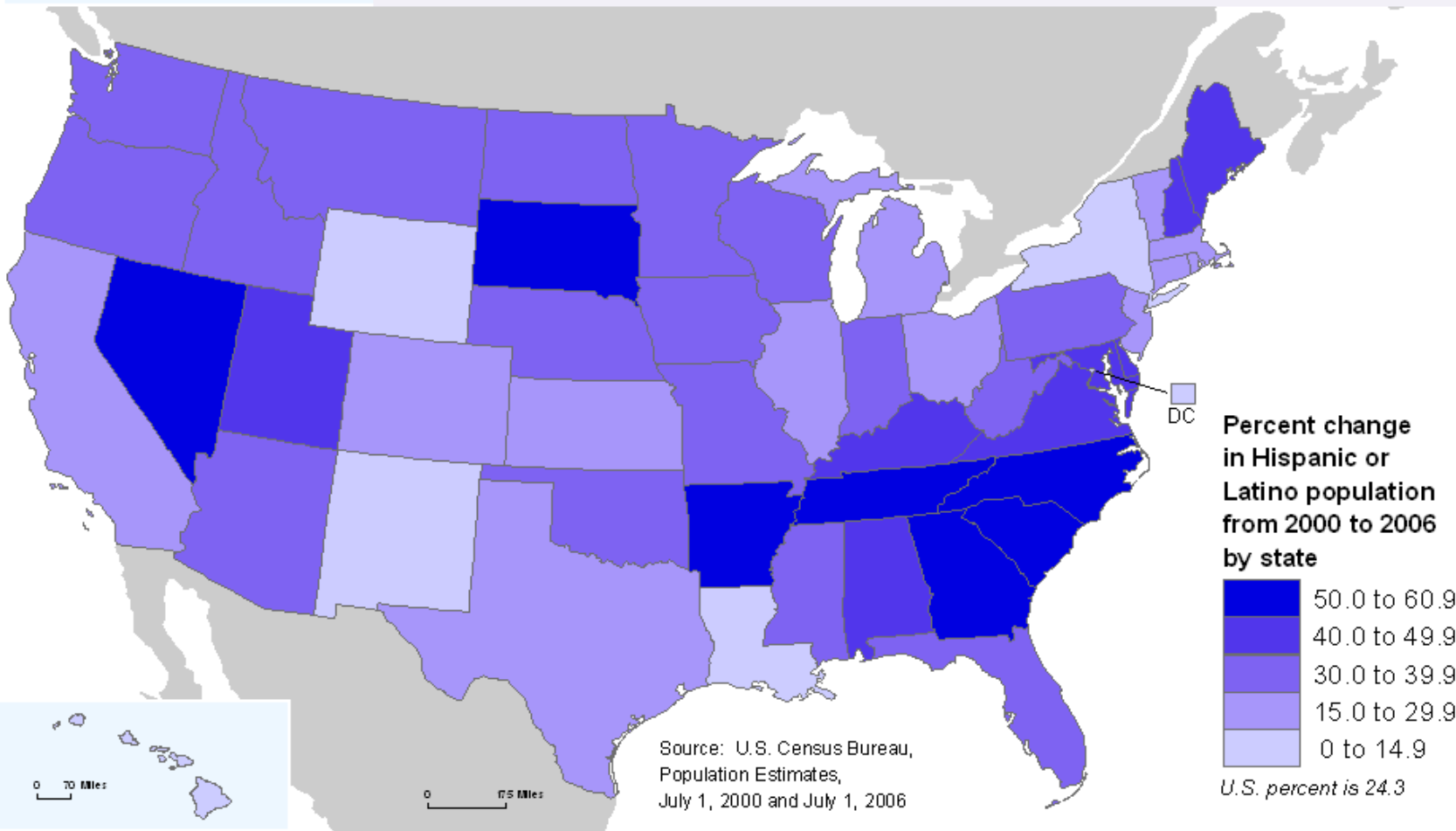
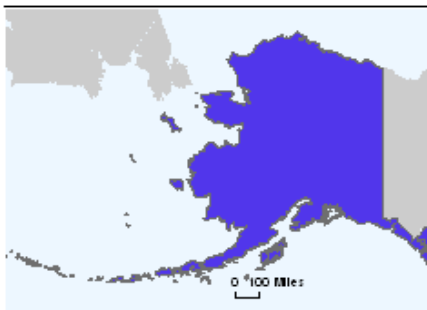
(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/sf1.pdf)



Source: U.S. Census Bureau, 2010 Census Summary File 1.



Percent Change in Population by State 2000 to 2006 Hispanic or Latino



0 65 Miles



Figure 6.
Percent Change in Hispanic or Latino Population by County: 2000 to 2010

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/sf1.pdf)

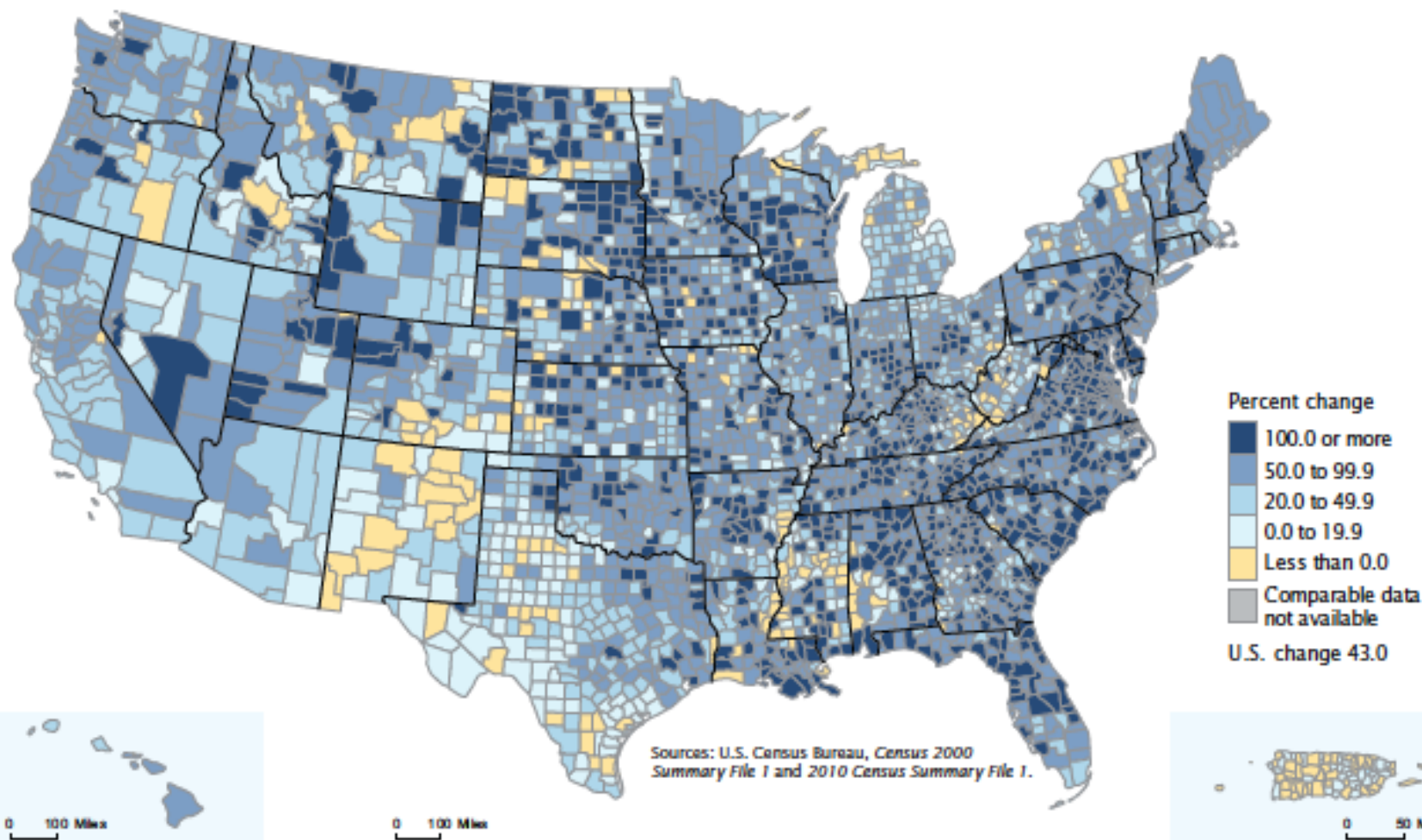
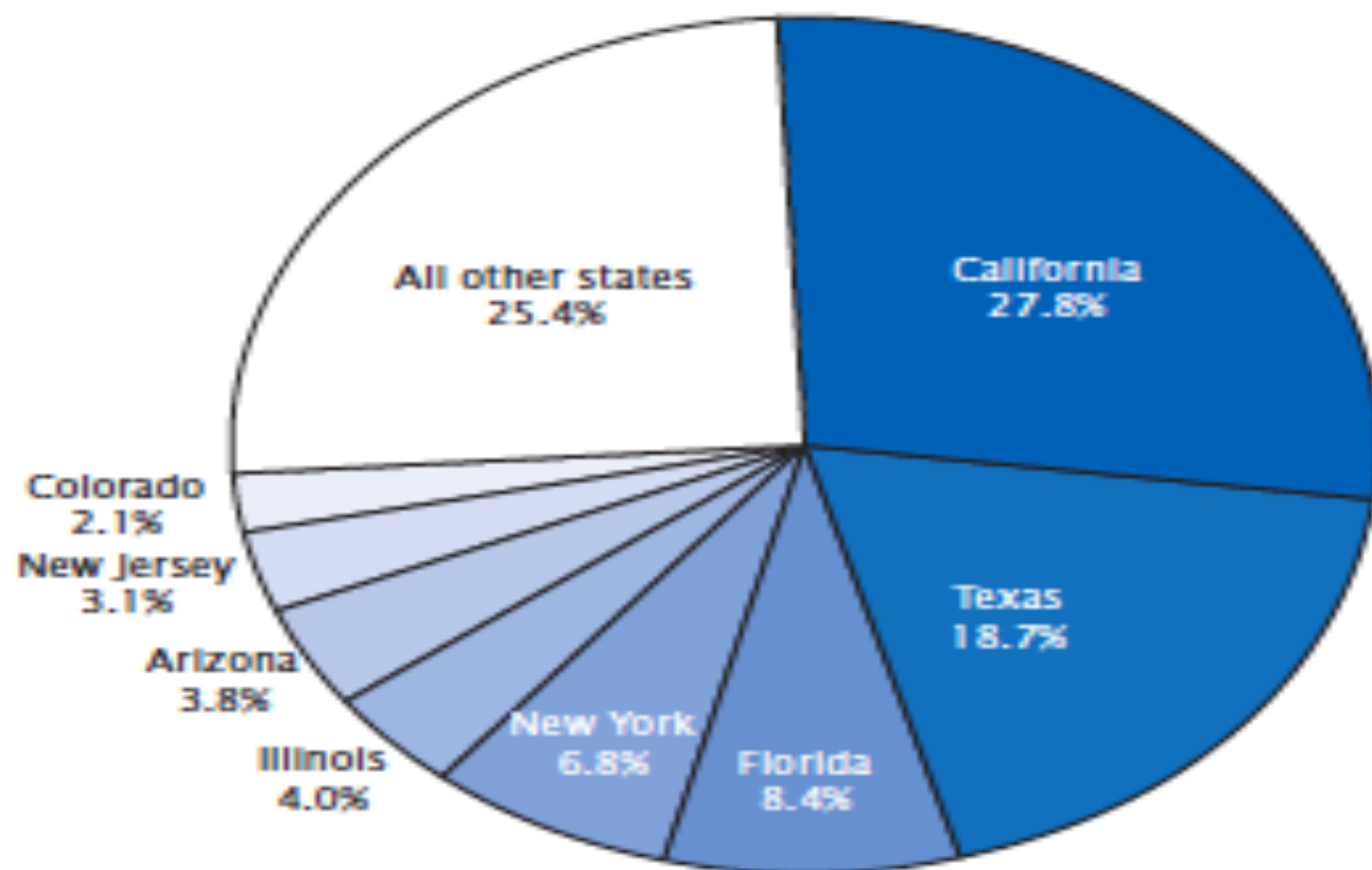


Figure 3.
**Percent Distribution of the Hispanic Population
by State: 2010**

(For more information on confidentiality protection, nonsampling error,
and definitions, see www.census.gov/prod/cen2010/doc/sf1.pdf)



Source: U.S. Census Bureau, *2010 Census Summary File 1*.



PewResearch Hispanic Center

Hispanic Population Trends

Two-thirds of the U.S. Hispanic population is of Mexican origin.

Hispanic population (percent of all Hispanics)

Mexican

33.5 million (65%)

Puerto Rican

4.9 million (9%)

Salvadoran

2.0 million (4%)

Cuban

1.9 million (4%)

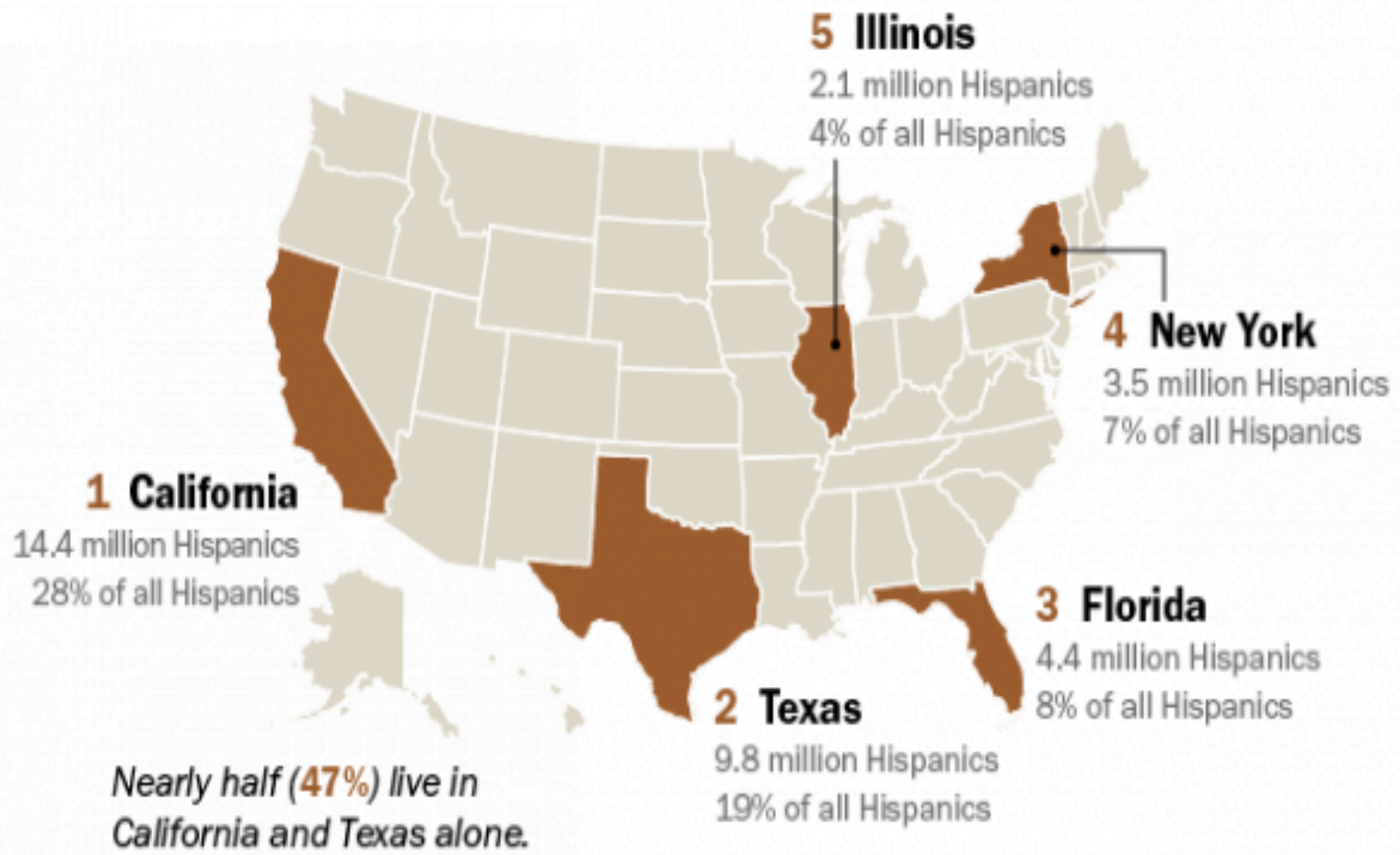
Dominican

1.5 million (3%)

All other Hispanics

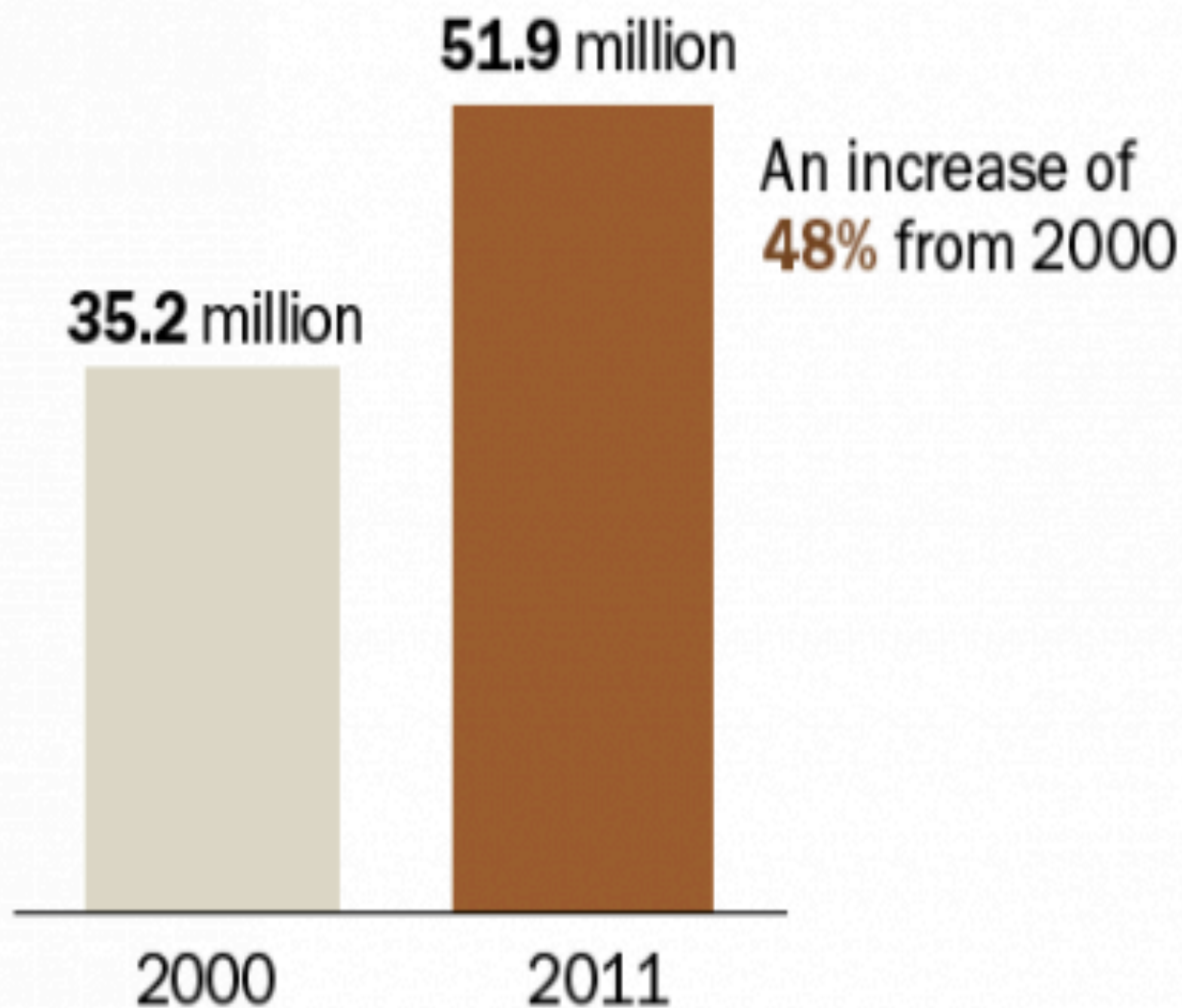
8.1 million (16%)

Two-thirds of Hispanics live in just five states...



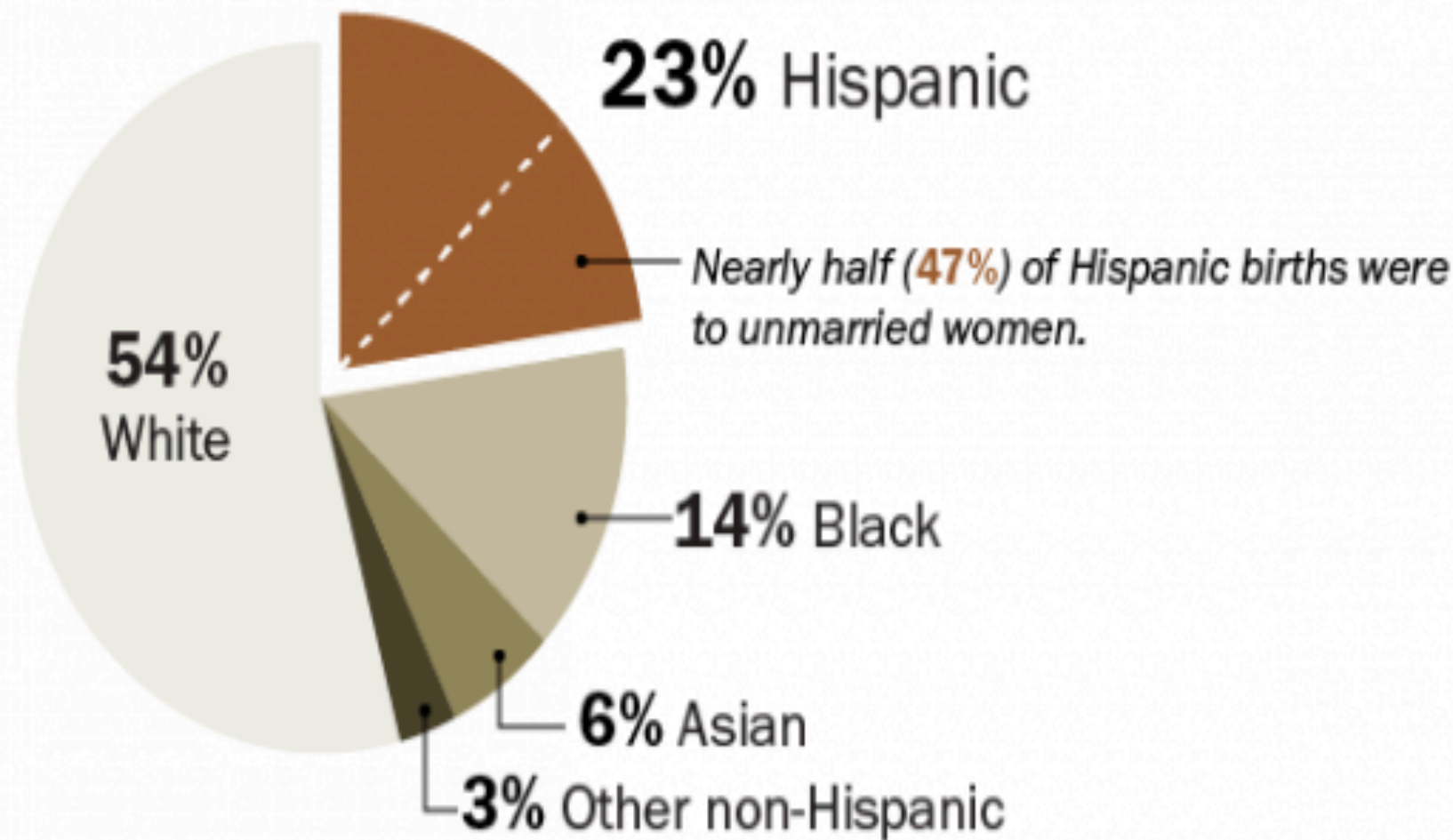
Pew Research Hispanic Center tabulations of 2011 American Community Survey (1% IPUMS)

51.9 million *Hispanics lived in the U.S. in 2011...*

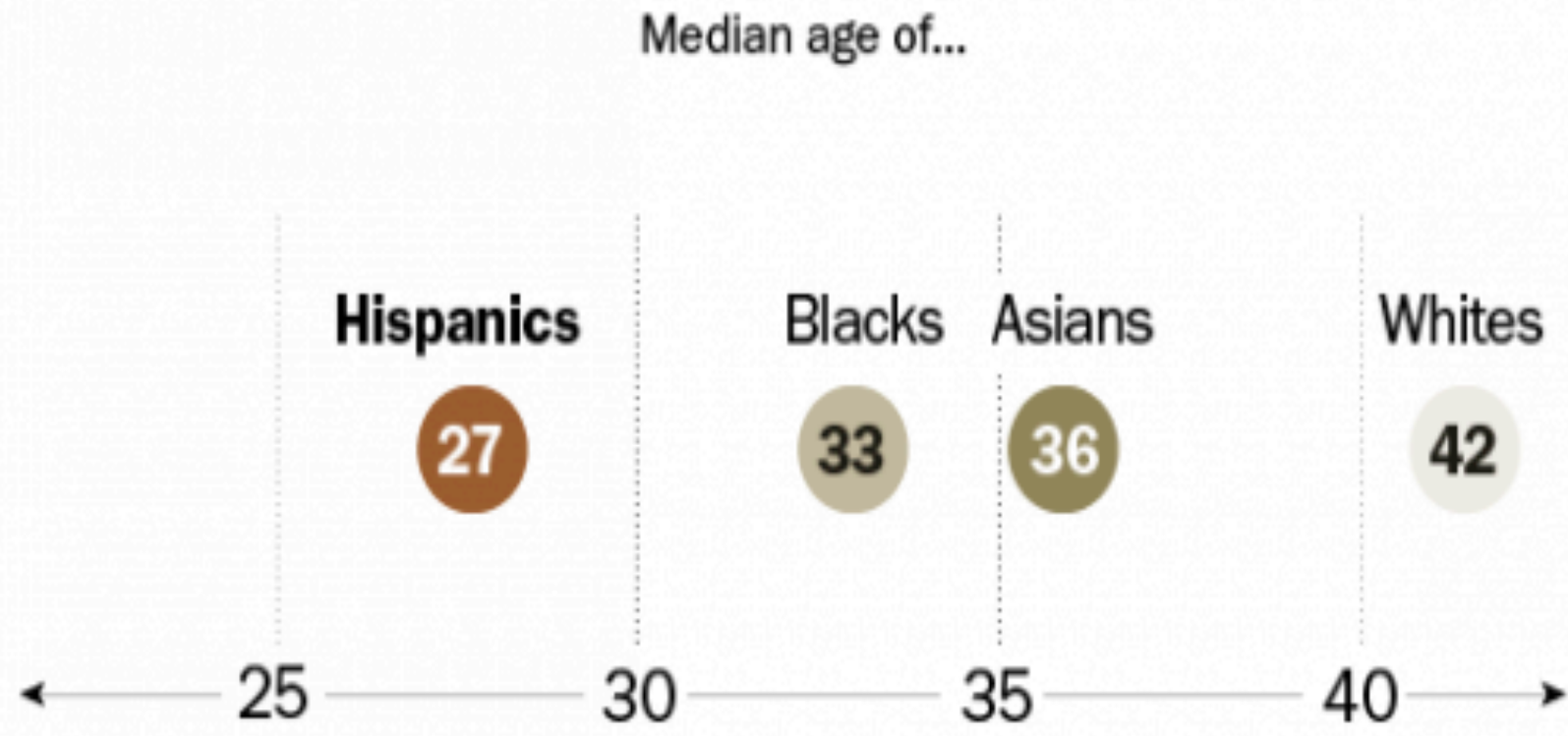


Nearly a **quarter** of all births nationwide last year were to Hispanic women.

Among women ages 15-44



The Hispanic population is the nation's **youngest** major racial or ethnic group.



U.S. is the Second Largest Spanish Speaking Nation

1.	Mexico	98.9 million
2.	United States	44.5 million*
3.	Colombia	42.3 million
4.	Spain	40.4 million
5.	Argentina	37.0 million
6.	Peru	25.9 million
7.	Venezuela	24.2 million
8.	Chile	15.2 million
9.	Ecuador	12.6 million
10	Guatemala	11.4 million

**includes Puerto Rico*

Modern Families



29.1% of Latin@ Same Sex Couples are Raising Children

☞ **According to the U.S. Census for 2010**

☞ 4.3% of Latin@s identify as LGBT (n=1,419,200)

☞ 146,000 Latin@s are Same-sex couples in the U.S.

☞ Most live in areas of higher proportions of Latinos/as as opposed to to higher proportions of LGBT populations.

☞ Source: Kastanis, Angeliki and Gatews, Gary J. (2013) LGBT Latino/a Individuals and Latino/a Same sex Couples. The Williams Institute, UCLA School of Law, Box 951476, L.A., CA 90095-1476 (<http://williamsinstitute.law.ucla.edu>)
<http://williamsinstitute.law.ucla.edu/research/census-lgbt-demographics-studies/lgbt-latino-oct-2013/>
Retrieved, October 24, 2013

Modern Families



**A third of Latino/a same-sex couples live in
New Mexico, California, and Texas.**

See more at: <http://williamsinstitute.law.ucla.edu/research/census-lgbt-demographics-studies/lgbt-latino-oct-2013/#sthash.xnx4hTdp.dpuf>

Modern Families



**Studies Showed Latino Gay/Lesbian Couples
Adopt At Highest Rate Among Gay Couples
(Released: 2/8/2008 1:00 PM EST)**

**Statistics from New York's National Gay and Lesbian Task Force
Policy Institute and National Latino/a Coalition for Justice
underscore the trend with key findings of same-sex couples in
Florida**

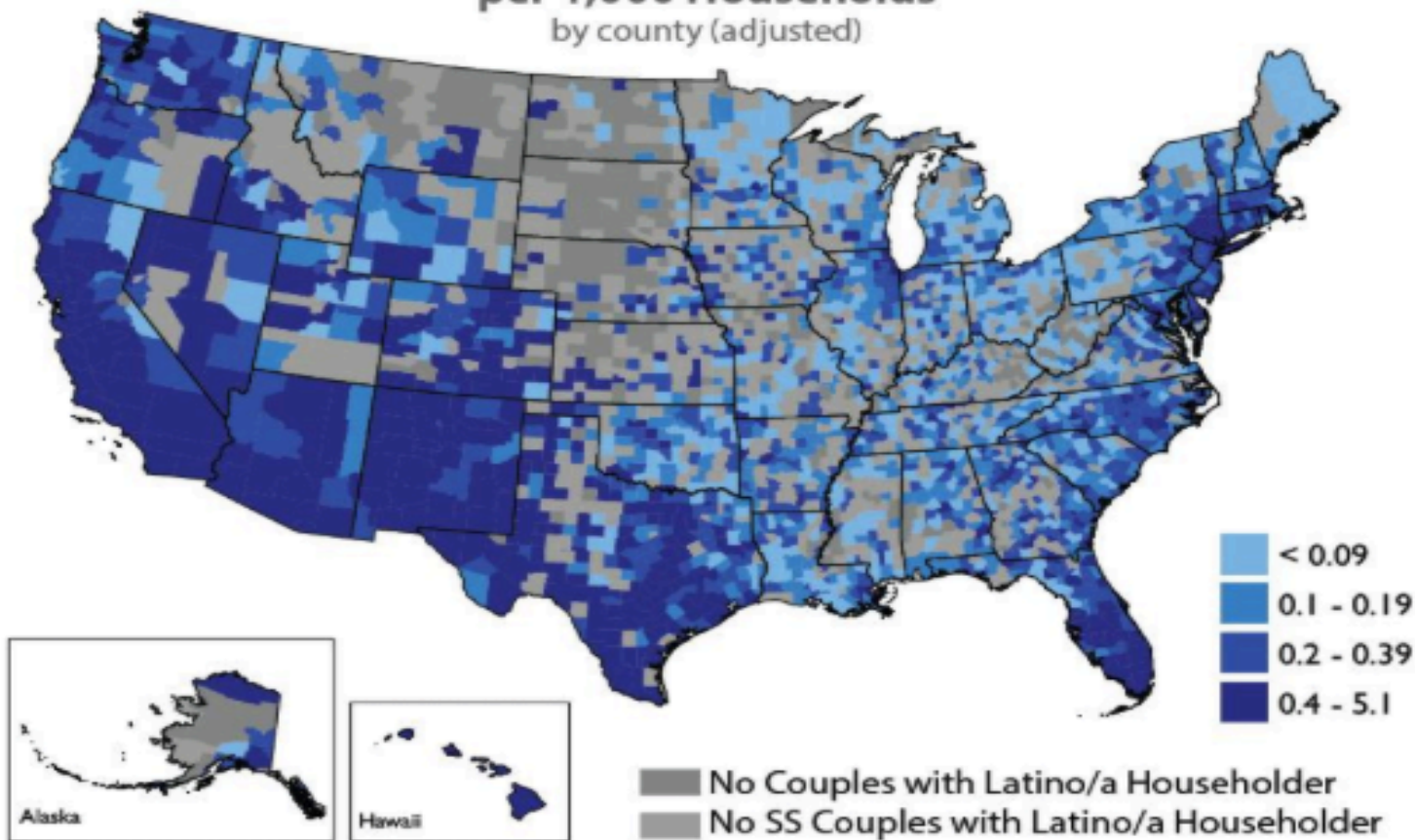
<http://www.newswise.com/articles/studies-show-latino-gaylesbian-couples-adopt-at-highest-rate-among-gay-couples>

LGBT Latino/a Individuals and Latino/a Same-Sex Couples

By Angeliki Kastanis, Gary J. Gates

October 2013

Same-sex Couples with a Latino/a Householder
per 1,000 Households
by county (adjusted)



SOURCE: U.S. Census 2010 data (adjusted, see Data and Methodology section)

Utah at a Glance



❧ HISPANIC POPULATION
373,000

❧ HISPANICS AS PERCENT
OF STATE POPULATION
13%

❧ MEDIAN AGE OF HISPANICS
23

❧ MEDIAN ANNUAL PERSONAL EARNINGS,
HISPANICS 16+
\$19,000

Utah at a Glance



❧ POVERTY RATE,
HISPANICS 17 AND YOUNGER

35%

❧ HISPANICS WITHOUT HEALTH INSURANCE

40%

❧ HISPANIC HOMEOWNERSHIP

52%

❧ HISPANICS AS PERCENT OF ALL K-12 STUDENTS

16%



Legislation and Federal Regulations

**for receiving services with meaningful access
and to persons with limited English
proficiency**

Civil Rights Act of 1964



☞ “The Civil Rights Act of 1964 (Pub.L. 88-352, 78 Stat. 241, enacted July 2, 1964) is a landmark piece of civil rights legislation in the United States^[5] that outlawed discrimination based on race, color, religion, sex, or national origin.^[6] It ended unequal application of voter registration requirements and racial segregation in schools, at the workplace and by facilities that served the general public (known as "public accommodations").

☞ https://en.wikipedia.org/wiki/Civil_Rights_Act_of_1964

Executive Order 13166 of August 11, 2000

Improving Access to Services for Persons With Limited English Proficiency (LEP)

- ❧ **Section 1. Goals.** The Federal Government is committed to improving the accessibility of these services to eligible LEP persons, a goal that reinforces its equally important commitment to promoting programs and activities designed to help individuals learn English.
- ❧ To this end, each Federal agency shall examine the services it provides and develop and implement a system by which LEP persons can meaningfully access those services.
- ❧ Federal agency shall also work to ensure that recipients of Federal financial assistance (recipients) provide meaningful access to their LEP applicants and beneficiaries.

Executive Order 13166 of August 11, 2000

Improving Access to Services for Persons With Limited English Proficiency (LEP)

☞ **Sec. 2. Federally Conducted Programs and Activities.** Each Federal agency shall prepare a plan to improve access to its federally conducted programs and activities by eligible LEP persons. Each plan shall be consistent with the standards set forth in the LEP Guidance, and shall include the steps the agency will take to ensure that eligible LEP persons can meaningfully access the agency's programs and activities.

☞ Agencies shall develop and begin to implement these plans within 120 days of the date of this order, and shall send copies of their plans to the Department of Justice, which shall serve as the central repository of the agencies' plans.

Executive Order 13166 of August 11, 2000

Improving Access to Services for Persons With Limited English Proficiency (LEP)

- ✧ **Sec. 3. Federally Assisted Programs and Activities.** Each agency providing Federal financial assistance shall draft title VI guidance specifically tailored to its recipients that is consistent with the LEP Guidance issued by the Department of Justice.
- ✧ The agency-specific guidance shall take into account the types of services provided by the recipients, the individuals served by the recipients, and other factors set out in the LEP Guidance.
- ✧ The Department of Justice shall consult with the agencies in creating their guidance and, within 120 days of the date of this order each agency shall submit its specific guidance to the Department of Justice for review and approval. Following approval by the Department of Justice, each agency shall publish its guidance document in the **Federal Register** for public comment.

Executive Order 13166 of August 11, 2000

Improving Access to Services for Persons With Limited English Proficiency (LEP)

- ❧ **Sec. 4. Consultations.** In carrying out this order, agencies shall ensure that stakeholders, such as LEP persons and their representative organizations, recipients, and other appropriate individuals or entities, have an adequate opportunity to provide input.
- ❧ Agencies will evaluate the particular needs of the LEP persons they and their recipients serve and the burdens of compliance on the agency and its recipients.
- ❧ This input from stakeholders will assist the agencies in developing an approach to ensuring meaningful access by LEP persons that is practical and effective, fiscally responsible, responsive to the particular circumstances of each agency, and can be readily implemented.

Executive Order 13166 of August 11, 2000

Improving Access to Services for Persons With Limited English Proficiency (LEP)

- ✧ **Sec. 5. *Judicial Review.*** This order is intended only to improve the internal management of the executive branch and does not create any right or benefit, substantive or procedural, enforceable at law or equity by a party against the United States, its agencies, its officers or employees, or any person.
- ✧ Executive Order Signed by:
William J. Clinton
THE WHITE HOUSE
August 11, 2000.
- ✧ **Federal Register** / Vol. 65, No. 159 / Wednesday, August 16, 2000 /
Presidential Documents

Federal Regulations § 247.13



Provisions for non-English or limited-English speakers

January 1, 2011

What must State and local agencies do to ensure that non-English or limited-English speaking persons are aware of their rights and responsibilities in the program?

Federal Regulations § 247.13



Provisions for non-English or limited-English speakers

What must State and local agencies do?

If a significant proportion of the population in an area is comprised of non-English or limited-English speaking persons with a common language, the State agency must ensure that local agencies inform such persons of their rights and responsibilities in the program, as listed under § [247.12](#), in an appropriate language. State and local agencies must ensure that bilingual staff members or interpreters are available to serve these persons.

Federal Regulations § 247.13



Provisions for non-English or limited-English speakers

(b) What must State and local agencies do to ensure that non-English or limited-English speaking persons are aware of other program information?

If a significant proportion of the population in an area is comprised of non-English or limited-English speaking persons with a common language, the State agency must ensure that local agencies provide other program information, except application forms, to such persons in their appropriate language.

✎ <http://federal.eregulations.us/cfr/section/11/1/2011/title7/vol4/chpii/part247/sec247.13.html/>

Federal Efforts to Eliminate Disparities

Healthy People 2020

For more information, please visit <http://www.healthypeople.gov>

Title VI of the Civil Rights Act of 1964

For more information, please visit

<http://www.justice.gov/crt/title-vi-1964-civil-rights-act>

**Revised National Standards for Culturally and Linguistically Appropriate
Services (CLAS) in Health Care – U.S. Office of Minority Health**

For more information, please visit

<http://www.omhrc.gov/clas/finalcultural1a.htm>

**National Network for the Elimination of Disparities in Behavioral Health,
United States Substance Abuse and Mental Health Services
Administration**

<http://www.samhsa.gov>

Challenges for the State of Utah



- ☞ **Utah has the Eighth Highest Drug Overdose Mortality Rate in the United States**
- ☞ Rankings are based on data from CDC's National Center for Health Statistics, WONDER Online Database, 2010.

Challenges for the State of Utah



- ❧ **Drug Overdose Mortality Rate in the United States**
- ❧ The numbers are based on the number of people per 100,000.

- ❧ **1. West Virginia**** (28.9);**
- ❧ **2. New Mexico (23.8);**
- ❧ **3. Kentucky**** (23.6);**
- ❧ **4. Nevada (20.7);**
- ❧ **5. Oklahoma*** (19.4);**
- ❧ **6. Arizona (17.5);**
- ❧ **7. Missouri*** (17);**
- ❧ **8. (tie) Tennessee** and Utah (16.9);**
- ❧ **10. Delaware** (16.6);**

Challenges for the State of Utah



☞ Drug Overdose Mortality Rate in the United States

☞ The numbers are based on the number of people per 100,000.

☞ 11. Florida** (16.4); 12. Ohio*** (16.1); 13. Rhode Island** (15.5); 14. Pennsylvania (15.3); 15. Wyoming*** (15); 16. South Carolina*** (14.6); 17. Indiana**** (14.4); 18. Michigan*** (13.9); 19. Louisiana*** (13.2); 20. Washington (13.1); 21. (tie) District of Columbia and Montana** and Oregon** (12.9); 24. Colorado (12.7); 25. Arkansas** (12.5); 26. (tie) Alabama*** and Idaho** and New Hampshire** (11.8); 29. Alaska (11.6); 30. (tie) Mississippi*** and North Carolina** (11.4); 32. (tie) Maryland and Massachusetts (11); 34. (tie) Hawaii and Wisconsin** (10.9); 36. Georgia*** (10.7); 37. California (10.6); 38. Maine (10.4); 39. Connecticut (10.1); 40. Illinois (10); 41. New Jersey (9.8); 42. Vermont** (9.7); 43. (tie) Kansas** and Texas (9.6); 45. Iowa**** (8.6); 46. New York (7.8); 47. Minnesota** (7.3); 48. Virginia (6.8); 49. Nebraska** (6.7); 50. South Dakota (6.3); 51. North Dakota (3.4).

Challenges for the State of Utah



- ❧ **Utah Scored Six out of 10 on New Policy Report Card of Promising Strategies to Help Curb Prescription Drug Abuse**
- ❧ 10 out of 10: New Mexico and Vermont
- ❧ 9 out of 10: Kentucky, Massachusetts, New York and Washington
- ❧ 8 out of 10: California, Colorado, Connecticut, Delaware, Illinois, Minnesota, North Carolina, Oklahoma, Oregon, Rhode Island and West Virginia
- ❧ 7 out of 10: Florida, Nevada, New Jersey, Tennessee and Virginia
- ❧ 6 out of 10: Arkansas, District of Columbia, Georgia, Hawaii, Iowa, Louisiana, Maryland, Michigan, North Dakota, Ohio, Texas and **Utah**
- ❧ 5 out of 10: Alaska, Idaho, Indiana, Maine, Mississippi, Montana, New Hampshire and South Carolina
- ❧ 4 out of 10: Alabama, Arizona, Kansas, Pennsylvania, Wisconsin and Wyoming
- ❧ 3 out of 10: Missouri and Nebraska
- ❧ 2 out of 10: South Dakota
- ❧
- ❧ Full report on TFAH's web site at www.healthyamericans.org and RWJF's web site at www.rwjf.org/RxReport.



A review of literature fails to find any study that demonstrates use of translators is effective with evidence based practices



**Training Programs for Latino
Cultural and Linguistic
Competency
for Behavioral Health Professionals**

Training Programs for Working with Latin@s

- ❧ Massachusetts School of Professional Psychology (12 students per year)
- ❧ Chicago School of Professional Psychology-Chicago Campus (Latino Track)
- ❧ Carlos Albizu School of Professional Psychology – San Juan, Puerto Rico
- ❧ UC San Jose State, School of Social Work has a Bilingual Training Program
- ❧ Our Lady of the Lake, San Antonio TX
 - Doctoral and Masters Program in Psychology
 - The Communicative and Cultural Competency Program (CCC-MHP) program, for training for mental health providers who have basic conversational skills in Spanish but lack the training needed to utilize their education and professional skills, which were obtained in English, to work with Spanish-dominant clients.

Training Programs for Working with Latin@s

New Emerging Programs

☞ Pepperdine University – Latino Mental Health Program

☞ Montclair State University – Masters Program

Training Programs for Working with Latin@s

In California

- ❧ San Jose State University – Social Work Program
 - Certificate Program in Spanish Language Counseling is available to students who, through course work or examination, show evidence of competency to conduct counseling/therapy in Spanish.
- ❧ CSPP-SF – Latino Psychology Course taught bilingually

Training Programs for Working with Latin@s

In California

Alliant International University - Mexico City Campus

☞ Summer Immersion Program – 5 Weeks

☞ Latin American Family Therapy Certificate Program

Reality Check!!!!



**There will never be enough
behavioral health workers to treat
those in need!!!!!!**

Reality Check!!!!



**We Need Useful Innovative
Strategies That Are Far Reaching !!**

Findings From Colleagues



- ☞ These are presentations from colleagues who presented at the Innovations in Latin@ Behavioral Health Forum
- ☞ Held on May 29, 2015 at Alliant International University – SF Campus

Who Doesn't Have a Phone!!!



Useful Innovative Strategies



From Face-to-Face to Treatment to Digital Interventions

☞ Studies showed reduced smoking rates among Latinos using Group and Digital Interventions:

Proof of concept:

The San Francisco Stop Smoking Internet Project:

www.stopsmoking.ucsf.edu & www.dejardefumar.ucsf.edu

☞ As Presented by Ricardo Muñoz, PhD (2105) at Innovations for Latin@ Behavioral Health Forum, SF, CA

Useful Innovative Strategies



☞ Smoking Cessation Rates Among Latin@s

- ☞ 4-8% for placebo patches
- ☞ 14-22% at 6 months for the nicotine patch
- ☞ 24-27% at 6 months for smoking cessation groups

Useful Innovative Strategies

Select Language: [English](#) | [Español](#)

UCSF

University of California
San Francisco

SFGH

San Francisco
General Hospital

Welcome to the San Francisco Stop Smoking Site
A **free** worldwide smoking cessation study.



[Home](#)

[The Team](#)

[Enroll](#)

[About](#)

[Privacy](#)

[Contact](#)

Join new Internet Stop Smoking study

You can quit, here's how.

[Please follow us on Facebook](#)

User Name

Password

[Forgot your password?](#)

[Login](#)

Useful Innovative Strategies



- ❧ Can Web-based smoking cessation interventions match the patch?
- ❧ Best condition tested yields **26% at 6 months** for Spanish speakers (Muñoz et al., 2006)*

12-month quit rates (Muñoz et al. 2009)**:

- ❧ **20% for Spanish speakers**
- ❧ **21% for English speakers**

* Ricardo F. Muñoz, Ph.D., Leslie L. Lenert, M.D., Kevin Delucchi, Ph.D., Jacqueline Stoddard, Ph.D., John E. Perez, Ph.D., Carlos Penilla, M.S. and Eliseo J. Pérez-Stable, M.D. (2006) Toward Evidence-Based Internet Interventions: A Spanish/English Web Site for International Smoking Cessation Trials. Source: <http://ntr.oxfordjournals.org/content/8/1/77.short>

** Ricardo F. Muñoz, Alinne Z. Barrera, Kevin Delucchi, Carlos Penilla, Leandro D. Torres and Eliseo J. Pérez-Stable (2009) International Spanish/English Internet smoking cessation trial yields 20% abstinence rates at 1 year (Source: <http://ntr.oxfordjournals.org/content/11/9/1025.abstract>)

Useful Innovative Strategies



Empirical Article



Massive Open Online Interventions: A Novel Model for Delivering Behavioral- Health Services Worldwide

Clinical Psychological Science
1–12

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**Ricardo F. Muñoz^{1,2,3}, Eduardo L. Bunge^{1,2}, Ken Chen^{1,2},
Stephen M. Schueller^{4,5}, Julia I. Bravin^{1,2}, Elizabeth A.
Shaughnessy^{1,2}, and Eliseo J. Pérez-Stable⁶**

Useful Innovative Strategies



- ❧ **Systematic development of evidence-based web interventions**
- ❧ **For Smoking Cessation, Depression, Pain Management, Diabetes, Obesity, and more....**
- ❧ **In English, Spanish, Chinese, Russian**

Useful Innovative Strategies



healthySMS.org:

automated text messaging to improve mental health in low-income populations

Adrian Aguilera, Ph.D.
UC Berkeley Social Welfare
UCSF/SFGH Psychiatry

Useful Innovative Strategies



healthySMS.org:

automated text messaging to improve mental health in low-income populations

Goal:

Use Short Messaging Systems (SMS) to
Strengthen Treatment Effects

Useful Innovative Strategies



**Using technology to address postpartum depression in
local and global communities of Latinas**

**Alinne Z. Barrera, Ph.D.
Palo Alto University**

Barrera, Kelman, & Muñoz, 2014

Useful Innovative Strategies



Behavioral Intervention Technologies and Psychotherapy with Latino Youth

Eduardo Bunge* Ph.D.

Rosie Perales

Palo Alto University

*Associate Director of I4Health;

*Director of CAPT

Latin@ Behavioral Health Forum

Useful Innovative Strategies



Evidence-Based BITs for Anxiety in Youth

Five studies

- ❧ Video feedback for Social Anxiety = 100% Spanish
 - ❧ Ramos, Piqueras & García-López (2008)
- ❧ Virtual reality for School Phobia = 100% Mexican
 - ❧ Gutierrez-Maldonado et al. (2009)
- ❧ Computer-Aided Treatment for - Attention Bias Modification Training = Latinos= 81%
 - ❧ Bechor et al. (2014)
- ❧ Camp Cope-a-Lot
 - ❧ Latinos = 12%, Khanna, & Kendall (2010)
 - ❧ Latinos = 2%, Crawford et al. (2013)

Useful Innovative Strategies



Evidence-Based BITs for OCD in Youth

One study

Psychiatry Research 189 (2011) 407–412



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Psychiatry Research

journal homepage: www.elsevier.com/locate/psychres



Preliminary investigation of web-camera delivered cognitive-behavioral therapy for youth with obsessive-compulsive disorder

Eric A. Storch ^{a,b,*}, Nicole E. Caporino ^c, Jessica R. Morgan ^a, Adam B. Lewin ^a, Ariz Rojas ^c, Lindsay Brauer ^c, Michael J. Larson ^d, Tanya K. Murphy ^{a,b}

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Useful Innovative Strategies



Evidence-Based BITs for Disruptive Behavior Problems

One study

Computer-Based Intervention with Coaching: An Example Using the Incredible Years Program

Ted K. Taylor

Oregon Research Institute

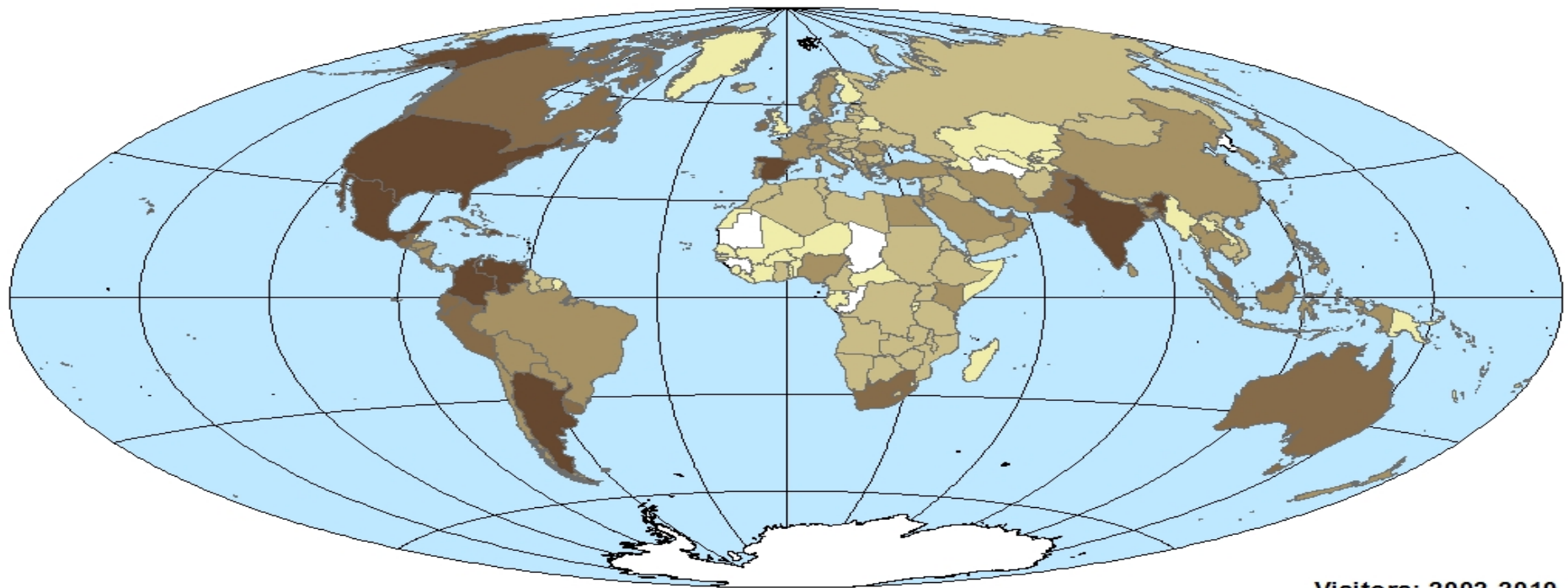
Carolyn Webster-Stratton

University of Washington

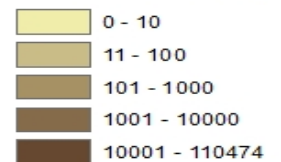
Edward G. Feil, Berry Broadbent, Christopher S. Widdop, and Herbert H. Severson

Oregon Research Institute

All With Global Impact !!!!



Visitors: 2002-2010
N=318,799



Si Se Puede !!



Gracias
Thank You
Obrigado

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