



Tools for Women's Treatment Newsletter

California Women Children and Families TA Project

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Resources for the Latina Population

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Myths and stereotypes combined with limited resources have resulted in disparities in services for Latinas with substance use disorders. While research consistently addresses the importance of delivering culturally competent services, few programs exist that offer both gender and culturally responsive services for California's Latinas. Providing culturally responsive services to the Latina population is not a novel concept; however, there continue to be limited resources available for enhancing capacity for Latinas.



This newsletter is intended to offer a context for individuals interested in expanding the availability of gender and culturally responsive services for Latinas with substance abuse problems and their families. A thorough search was conducted to identify resources in the areas of research, best practices and organizations that focus on meeting the unique needs of the Latina population.

Recent trends among the Latina population in California provide perspective for agencies working with this group. The statistics below underscore the need for comprehensive services that address issues Latinas are facing.

- An estimated 13.5 million Latinos live in California. Thirty six percent of California's population is Hispanic/Latino. Latinas make up almost half (48.9%) of the total Latino population in California.¹
- An estimated 77 percent of California Latinos are of Mexican Origin, 5 percent Central American, 2 percent South American and 16 percent other.¹
- In California, the Latina population tends to be concentrated in Los Angeles (2,393,468), Orange (524,963), San Diego (442,070), San Bernardino (454,215), and Riverside (407,956) counties.¹
- In California, 77 percent of Latinas are younger than 44 years of age; 51 percent fall between the 0-19 age range, 49 percent between the age of 20-44 years and 30 percent 45 years and older.¹
- Latinas gave birth to half (50.5%) of the total live births in California in 2004.²
- Half of Latinas of reproductive age (15-44) are foreign born.³
- Forty-five percent (45%) of Latinas have limited English proficiency.³
- Latinas tend to be lacking in terms of income, education and health insurance status, factors that can negatively affect their health outcomes when compared to other women of reproductive age.³
- For Hispanic/Latina women living with HIV/AIDS, the most common exposures were high-risk heterosexual contact and injection drug use.⁴

¹ State of California, Department of Finance, *Race/Ethnic Population with Age and Sex Detail, 2000-2050*. Sacramento, CA, July 2007.

² State of California, Department of Health Services, Birth Records. Retrieved from <http://www.dhs.ca.gov/>.

³ Frost, J.J. & Driscoll, A.K. (January 2006). Sexual and reproductive health of U.S. Latinas: A literature review. *Occasional Report, No. 19*. New York: Guttmacher Institute.

⁴ CDC. *HIV/AIDS Surveillance Report, 2005*. Vol. 17. Rev ed. Atlanta: US Department of Health and Human Services, CDC: 2007:1-46



Latinas in Treatment

Latinas, both foreign and United States born have become increasingly present in the statistics, engaging in risky behaviors that create the need for culturally appropriate services. In 2006, 31 percent of women in treatment in California identified themselves as Hispanic (either Mexican-American or another Hispanic category).⁵

The California Department of Alcohol and Drug Programs collects data on all treatment admissions to publicly funded services in California. From 1991 through 2005, California used the California Alcohol and Drug Data System (CADDs) to meet federal and other data requirements and for analysis of the treatment services system. In 2006, a new evaluation system, the California Outcomes Measurement System (CalOMS) was established across the State. CalOMS will be able to provide a more thorough evaluation of who enters treatment and treatment outcomes. The 2005 CADDs data below provides some summary information regarding Latinas in treatment.

In 2005, 15,287 Latinas entered treatment for alcohol and other drug problems.⁶ The ethnic subgroups identified as follows: 74 percent identified as Mexican, 22 percent Other Hispanic/Latino, 2 percent Cuban, and 2 percent Puerto Rican. In 2005, 7 percent of Latinas identified that they were pregnant at the time of admission. More than half (53%) of Latina admissions were under 30 years of age.

Age at time of Admission, Latina Admissions 2005	
Less than 18 years of age	16.3%
19 – 29 years of age	36.9%
30 – 39 years of age	25.1%
40 – 49 years of age	17.4%
50 years of age or older	4.3%

Chart 1 (right) indicates the primary drug of choice as identified by Latinas admitted to treatment. In 2005, just over half of those in treatment identified methamphetamine as their primary drug of choice. Methamphetamine problems have grown among Latinas; in 2000 24 percent of Latinas in treatment identified methamphetamine as their drug of choice compared with 51 percent in 2005.

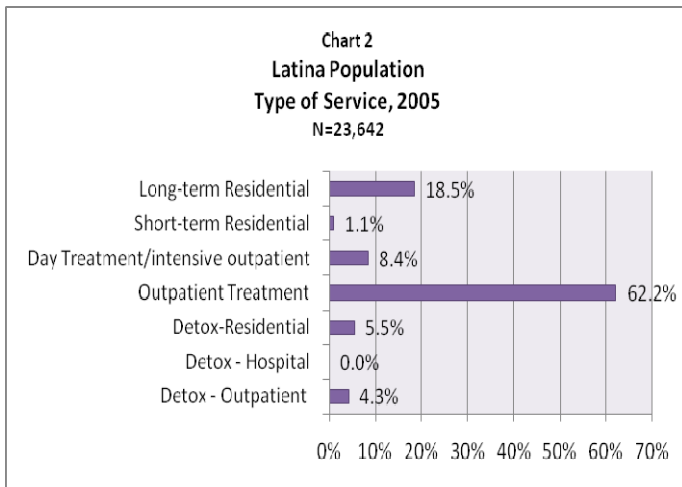
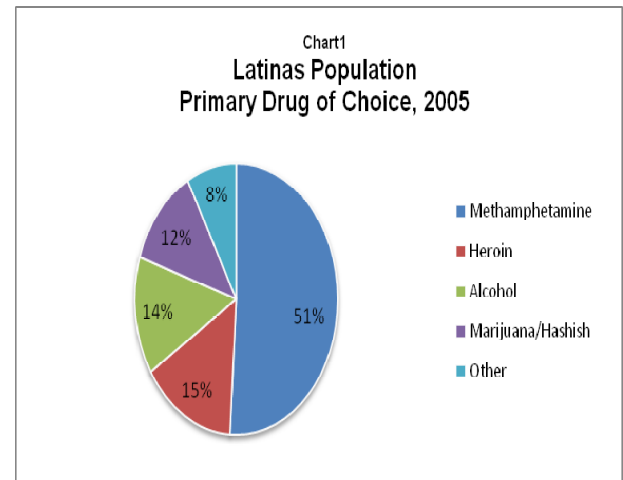


Chart 2 (left) shows that of the 23,642 Latina admissions⁷ in 2005, a majority were admitted to outpatient treatment (62.2%) while a smaller portion participated in long-term residential treatment (18.5%). Almost ten percent (9.8%) of Latinas admissions were to residential or non-residential detoxification services.

⁵ California Department of Alcohol & Drug Programs. (May 2007). *Fact Sheet: Women in Treatment*.

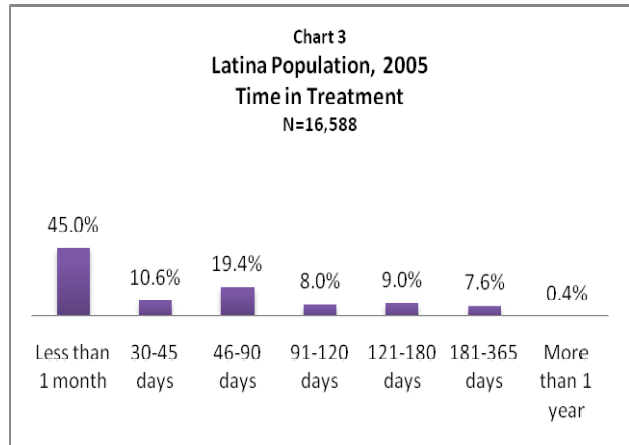
⁶ This is unique admissions, many of the 15, 287 Latinas entering treatment were admitted to treatment more than one time during the year.

⁷ Note – the total number of admissions for Latinas (23,642) is higher than the total number of Latinas entering treatment (15,287) because many Latinas are admitted to treatment more than one time during the year.



As Chart 3 shows, approximately 25 percent of Latinas remain in treatment for more than 90 days, 30 percent between 30 and 90 days and 45 percent left treatment within the first 30 days. Eighteen percent (18%) stayed in treatment less than seven days.

Half (50%) of Latinas entering treatment in 2005 left prior to completion and without making satisfactory progress. This is a slightly higher rate of unsatisfactory discharge than that for all women (46.8%). Twenty two percent (22%) of Latina admissions completed treatment and an additional 12 percent did not complete treatment but were discharged with satisfactory progress. Another 16 percent of Latinas admissions resulted in referrals or transfers to other treatment agencies.



Moving towards Cultural Responsiveness

There has been a growing push towards providing gender responsive services in the field of alcohol and other drug treatment. This push provides the opportunity to incorporate culturally relevant services to address the specific needs of the Latina population. In looking at addressing the needs of this unique population, it is helpful to first address the theme of “cultural competence”. Cultural competence refers to having the attitude, knowledge and skills in working with individuals, groups and families from various ethnic or cultural backgrounds.

A common misconception is that by incorporating linguistically and culturally compatible services, we have addressed cultural competence. Culture is a loose term that can transfer across groups even within an ethnic enclave. Is it enough to have “competent” staff when addressing the many cultural nuances existing across various client populations? Is having the knowledge and skill around a client population enough?

The answer is yes only if that knowledge and skill is translated into providing *culturally responsive* services. Specifically, has the knowledge of a population been infused into an organizational environment and services which are compatible with the world view, values and traditions and respond to their particular needs? When developing new programs or improving upon existing services for the Latina population, we must continuously challenge our knowledge and ensure that services are responding to the diverse needs of our clients. In summary, there is more to culturally responsive programs than a culturally competent staff.

Agencies that invest in their staff’s knowledge base will reap the benefits both through improved morale and service delivery. Opportunities for training should involve all management and line staff. Ongoing trainings around cultural and gender-specific services help develop an organizational capacity but training alone will not result in responsive services. Incorporating training along with assessment and program development are steps in the right direction toward implementing culturally and gender responsive services.

What are the components of culturally and gender responsive services?

Culturally responsive agencies tend to take an introspective approach when addressing program development and service provision. It is crucial for agencies and providers to have a strong understanding of their own limitations and biases and how those influence their work with their clients.



The core values and principles of a culturally responsive agency are rooted in diversity and integrated into all of the programs being administered. Though the social service profession prides itself on a multi-cultural approach, a thorough and effective evaluation of an agency's or program's responsiveness for Latinas will likely raise questions about the inclusiveness of diversity in the agency's mission or philosophy.

Language capacity is vital. Establishing therapeutic alliance, conducting a meaningful assessment and delivering relevant alcohol/drug services require an ability to verbally communicate. Bilingual individuals may have a language preference or want to use Spanish sometimes and English other times depending upon the subject matter. Some Latinas from regions in Mexico or South America speak indigenous languages and no English or Spanish, while others speak different dialects. As important as language capacity is, language capacity alone is not culturally responsive as it does not necessarily respond to a client's cultural values. Culturally responsive services also address issues that arise for Latinas around acculturation and assimilation. For example, the experiences of a first generation immigrant client tend to be much different than that of a third generation client without strong ties to their family's country of origin. A good understanding of the immigrant experience provides a better context for service delivery. In response to these experiences, service models should provide for flexibility and lend themselves to meeting the specific needs of each client.

The following are aspects of gender and culturally responsive programs.

- Accessibility (location, ambiance, facility, hours of operation)
- Engagement (welcoming, bi-lingual staff, receptive to clients and their families, familiar art and food)
- Staffed with Culturally Competent Women who receive On-going Training
- Culturally and Gender Relevant Groups, Counseling Styles and Content
- Treatment Planning that is Sensitive to the Traditions and Priorities of the Client
- Culturally Celebratory (arts, ancestry, rituals)
- Trauma Informed (personal and historical trauma, trauma of migration)
- Culturally Respectful (gender, birth order and familial roles, inter-generational communication, "dichos" or sayings)
- Relational and Family Centered (familial roles and values, relationship with staff, peers, environment; person in the environment)
- Services Understand and Integrate Migration and Acculturation (acculturation and related challenges, the process of migration and the impact of migration on women and families)
- The Framework Considers the Impact of Poverty, Social Class and Isolation on Women's Lives



*Selected Reports & Publications**

Aguirre-Molina, M. & Molina, C.W. (Eds.). (2003). ***Latina health in the United States: A public health reader***. Jossey-Bass, John Wiley & Sons, Inc.

This publication identifies and offers an in-depth examination of the most critical health issues that affect Latinas' health and health care within the United States. It includes discussions on a wide variety of topics that address Latino women's health concerns. Available for purchase online through the publisher or bookstores.

Garcia, B. (2005). ***Incarcerated Latinas and alcohol and other drug abuse: Assessment and intervention considerations***. *Alcoholism Treatment Quarterly*, 23(2/3), 87.

Recent statistics indicate that Latino women are twice as likely to be in prison in comparison to white female prisoners. In this article, the literature on Latinas and alcoholism and other drug abuse is reviewed, clinical observations of incarcerated Latinas are discussed and recommendations are presented for service delivery needs.



Caribbean Basin and Hispanic Addiction Technology Transfer Center. (2006). ***Cultural elements in treating Hispanic populations: Dialogue on science and addiction.*** Universidad Central Del Caribe.

This report explores the differences between Latinos that are U.S. born and immigrants and how acculturation and “Americanization” can influence attitudes towards addiction. There is a brief discussion on adolescent and adult Latinas regarding the cultural controls that are placed on them. A Latina’s substance abuse issue may be connected to early traumatic experiences that cannot be resolved because of lack of family support to address substance abuse or trauma.

National Coalition of Hispanic Health and Human Services Organizations. (1999). ***The state of Hispanic girls.*** Library of Congress. Washington, DC: COSSMHO Press. Available at: www.hispanichealth.org/pdf/stateofgirls.pdf

This report discusses the trends for Hispanic girls in the United States around risky behaviors. Specifically, Hispanic girls are more likely to face pregnancy, depression, substance abuse, and delinquency than their non-Hispanic White or African American peers. Hispanic girls are least likely to access treatment and prevention services, particularly in health and mental health. This report addresses the need for culturally responsive programs designed to teach Hispanic girls resiliency skills and promote positive youth development.

Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (April 13, 2007). ***The DASIS Report: Hispanic female admissions in substance abuse treatment: 2005.*** Rockville, MD. Available at: <http://www.drugabusestatistics.samhsa.gov/2k7/latinaTX/latinas.cfm>

This brief report provides data on admissions to substance abuse treatment for Hispanic females. Data is provided on admissions by primary substance of abuse (for both Hispanic vs. Non-Hispanic females and by ethnic subgroup); and age characteristics.

Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (April 25, 2003). ***The NHSDA Report: Risk of suicide among Hispanic females aged 12-17.*** Rockville, MD. Available at: <http://www.drugabusestatistics.samhsa.gov/2k5/HispanicTX/HispanicTx.cfm>

This brief report highlights the risk for suicide among Hispanic females 12 to 17 years. According to the results of the survey, in 2000, Hispanic females in this age group were at a higher risk for suicide than other youths. The report highlights mental health treatment utilization, noting that only 32% of Hispanic females (12-17 years) at risk for suicide received mental health treatment during the time period.

Szapocznik, J., & Amaro, H. (1995). ***A Hispanic/Latino family approach to substance abuse prevention.*** CSAP cultural competence series, 2. Rockville, MD: U.S. Dept. of Health and Human Services, Public Health Service, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention. Available for review at: <http://books.google.com/>

This publication evaluates issues with Hispanic/Latino families including the role of culture and society as they relate to the development, implementation and evaluation of alcohol, tobacco and other drug (ATOD) treatment and prevention programs. Several family and community-based intervention models are examined.

****Visit CalWCF’s website for Research Summaries including research studies on gender responsive services across racial/ethnic subgroups and cultural competency. <http://www.cffutures.com/calwcf/documents/>***

Resource Organizations

The following is a selected list of organizations focusing on issues for the Hispanic/Latino population and is not meant to be exhaustive.

National Organizations

Caribbean Basin and Hispanic Addiction Technology Transfer Center (<http://cbattc.uccaribe.edu>)

The mission of the CBATTC is to help address the issue of drug use and its consequences through the development of the workforce, promoting organizational change in Puerto Rico, US Virgin Islands and Hispanic communities in the United States through the utilization of culturally appropriate activities and products.



Hablemos en Confianza (<http://hablemos.samhsa.gov/default.aspx>)

This site, a project of the Hispanic/Latino Initiative funded through SAMHSA, provides cultural and linguistically responsive resources for Hispanic/Latino parents and providers that work with these families. The focus is on substance use/abuse prevention for school-aged children and adolescents. The website provides tools for both parents and professionals to use when speaking to children/adolescents about drug or alcohol abuse.

Latino Behavioral Health Institute (LBHI) (<http://www.lbhi.org>)

LBHI aims to enhance skills of persons interested or involved in providing behavioral health services to the Latino community. LBHI provides training, education (interactive and dyadic) and experiential opportunities to persons involved in human services with the Latino community. The Institute's activities are intended for consumers, family members, professional care providers, administrators, educators, researchers and trainers.

League of United Latin American Citizens (<http://www.lulac.org/women.html>)

The League of United Latin American Citizens the oldest and largest Hispanic membership organization in the country. They work to advance the economic conditions, educational attainment, political influence, health and civil rights of Hispanic Americans through community-based programs operating at more than 700 LULAC councils nationwide.

MANA: A National Latina Organization (<http://www.hermana.org>)

MANA supports empowerment of Latinas through leadership development and community action. The organization fulfills its mission through programs designed to develop the leadership skills of Latinas, promote community service by Latinas, and provide Latinas with advocacy opportunities.

National Alliance for Hispanic Health (<http://www.hispanichealth.org>)

The mission of the National Alliance for Hispanic Health is to improve the health and well-being of Hispanics. Founded in 1973, the Alliance is the nation's oldest and largest network of Hispanic health and human services providers. The Alliance does not accept funds from tobacco or alcohol companies, and is dedicated to community-based solutions.

National Council of La Raza (<http://www.nclr.org>)

The National Council of La Raza provides opportunities for Hispanic Americans by conducting applied research, policy analysis, advocacy, and information dissemination around five key areas - assets/investments, civil rights/immigration, education, employment and economic status, and health.

National Hispana Leadership Institute (NHLI) (<http://www.nhli.org/>)

Since 1988, the National Hispana Leadership Institute has trained over 400 Latinas to become leaders of this country. NHLI has developed, trained and mentored Latinas to become ethical world leaders, through an intensive four week leadership training program. The institute addresses public policy development, community building, management, organizational and leadership skills that are needed to succeed in our competitive world.

National Latino Alliance for the Elimination of Domestic Violence (<http://www.dvalianza.org/>)

The National Latino Alliance for the Elimination of Domestic Violence (Alianza) provides support around four different areas including community education and development, public policy, research, and training and technical assistance. Alianza organizes conferences and other training forums that help Latina/o service providers and/or DV providers that serve Latino families enhance their knowledge and skills; develops and disseminates culturally and linguistically competent resource materials, such as curricula and training manuals.

National Latino Addiction Treatment Community Network (<http://www.nlatinoaddiction.org/>)

The National Latino Addiction Treatment Community Network website emphasizes science-based information related to the health of Hispanic communities by particularly addressing drug use problems and consequences, drug treatment and health care availability, co-occurring condition protocols, assessment instruments, and human resources such as consultants knowledgeable of the health of Hispanic/Latino communities.

National Latino Research Center (<http://www.csusm.edu/nlrc/>)

The National Latino Research Center (NLRC) at California State University San Marcos promotes scientific and applied research, training, and the exchange of information that contribute to the knowledge and understanding



of the rapidly growing U.S. Latino population. The NLRC's local and national projects have explored topics such as cultural competency in public agencies, migrant health, environmental justice, educational equity, civic engagement, and community development. NLRC provides training, technical assistance, needs assessment and program evaluation.

California Organizations

California Hispanic Commission on Alcohol and Drug Abuse (CHCADA) (<http://www.chcada.org>)

The Commission is charged with “providing culturally competent bicultural, bilingual, and monolingual services that will reduce the environmental vulnerability of low –income Latinos and other marginalized populations in California and throughout the United States.” CHCADA also serves as a liaison between low-income, undereducated Latinos and the organizations that provide supportive services to these groups.

California Latino Psychological Association (<http://www.latinopsych.org/About-Us.html>)

The California Latino Psychological Association (CLPA) is dedicated to advocating and serving the mental health needs of the Latino community, particularly around issues related to Latino Psychology. CLPA aims to facilitate interdisciplinary communication by creating a network among Latino service providers and educators of all disciplines who address the quality of life and mental health issues within the Latino community.

Latino Coalition for a Healthy California (<http://www.lchc.org/>)

The Coalition's goals include addressing inequities in quality of health care; building advocacy for high quality, culturally sensitive, and linguistically appropriate health care and prevention services; informing the public to make choices that favor better health outcomes; and empowering communities to fully participate in health planning, implementation, evaluation, and advocacy.

Latino Social Work Network (LSWN) of Orange County (<http://www.lswnoc.com/>)

LSWN Orange County's purpose is to advance practice and promote policies which improve access to quality professional social work services for the Latino communities of Orange County. The organization facilitates a network for Spanish-speaking and Latino service providers to exchange ideas, engage in professional development, discuss problems and issues in their respective communities, and advocacy around improving the quality of life for Latinos in Orange County.

Available Trainings & Curriculum

The following is a selected list of available trainings/curriculum provided by organizations serving California and is not meant to be exhaustive.

Boston Public Health Consortium: Educational Curricula for Women in Recovery

To order any of the curriculums listed below, contact Bethany Stuart, Program Manager via Email:Bethany_Stuart@bphc.org or Phone: (617) 534-9384

Women's Leadership Training Institute – A five session educational curriculum that teaches women how to become a leader and learn to speak up on behalf of themselves and other women in recovery.

Economic Success in Recovery – An eight session curriculum designed to assist recovering women in money management and, identifying and planning educational, vocational, and job training opportunities and objectives.

Pathways to Family Reunification and Recovery – A 10-week educational curriculum that focuses on the impact of substance abuse on parenting, family reunification and self-care. The curriculum engages participants in learning about child protective services and advocating effectively on their own behalf.

Spirituality and Recovery – A curriculum that teaches participants how to integrate spiritual resources in the context of their substance abuse treatment.

Integrated Substance Abuse, Mental Health and Trauma Treatment with Women – A case study workbook for staff training.

Spanish Language TREM – A 26-week trauma recovery group for women adapted to meet the needs of Latinas.



California Hispanic Commission on Drug & Alcohol Abuse – Technical Assistance & Training

Under contract to the State of California, CHCADA provides technical assistance and training to current and prospective substance abuse and/or mental health treatment providers throughout the State of California. CHCADA provides outreach and engagement support to organizations throughout the State of California. Visit: www.chcada.org

¿Es Difícil Ser Mujer? (Is it difficult being a woman?): Una Guía sobre Depresión (A guide on depression)

A book about female depression aimed specifically at Latinas. This book encourages and facilitates group work and mutual understanding among women in an effort to increase support structures and reduce stigmas of this increasingly common disorder. Available at book stores.

¿Es Difícil Ser Mujer? (Is it difficult being a woman?) – Health Workers' Group Training Manual

This is a companion document to the English version of the book mentioned above. It is designed to help community health workers and others give essential information on depression to clients/patients in a clear, concise and responsible manner to Latinas who are recent residents, long-term immigrants, or transborder individuals on the U.S. side of the border. Sessions include discussions on the causes of depression, the social conditions of Latina women, as well as recovery and treatment assistance.

Download an online copy at: www.usmbha.org/english/publications/HealthWorkersTrainingManual.pdf

"La Víctima y la Sobreviviente: A Latina Sexual Assault Victim Advocate's Toolkit."

This toolkit contains original information created by Arte Sana as well as translations of existing data. The material is organized into ready-to-use formats including five PowerPoint presentations that may be used with an LCD projector or as transparencies. This unique resource has been created for bilingual victim advocates, to promote healthy Latina communities, enhance sexual violence prevention efforts, and build awareness about victim rights. Cost: \$165. You can order by visiting: www.arte-sana.com/resources.htm

National Clearinghouse for Alcohol & Drug Information (NCADI)

Funded by the Department of Health & Human Services Substance Abuse and Mental Health Services Administration, NCADI offers publications in Spanish to use with clients or for service providers, including Treatment Improvement Protocols (TIPs). Visit: <http://ncadistore.samhsa.gov/>

Pacific Southwest Addiction Technology Transfer Center (PSATTC)

Providing Culturally Innovative Interventions for Hispanic Drug Injectors - This video-taped lecture provides the viewer with an overall understanding of the dangers and problems that all drug injectors must confront: providing a detailed discussion of the epidemic levels of HIV and other diseases that are transmitted both sexually and through injection. Call 602- 942-2247 to order.

Southeast Addiction Technology Transfer Center (SATTC)

Hispanic/Latino Substance Abuse Services: A Cultural Perspective - This 2-day training promotes cultural competency for front-line addictions treatment staff working with Hispanic/Latino populations, including PowerPoint slides. Available at: www.sattc.org/resources/hispanic_web.pdf

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