

Community Needs Assessment: How Culture Impacts Mental Health Outcomes in Mexican Rural Farming Working Families and Adolescents

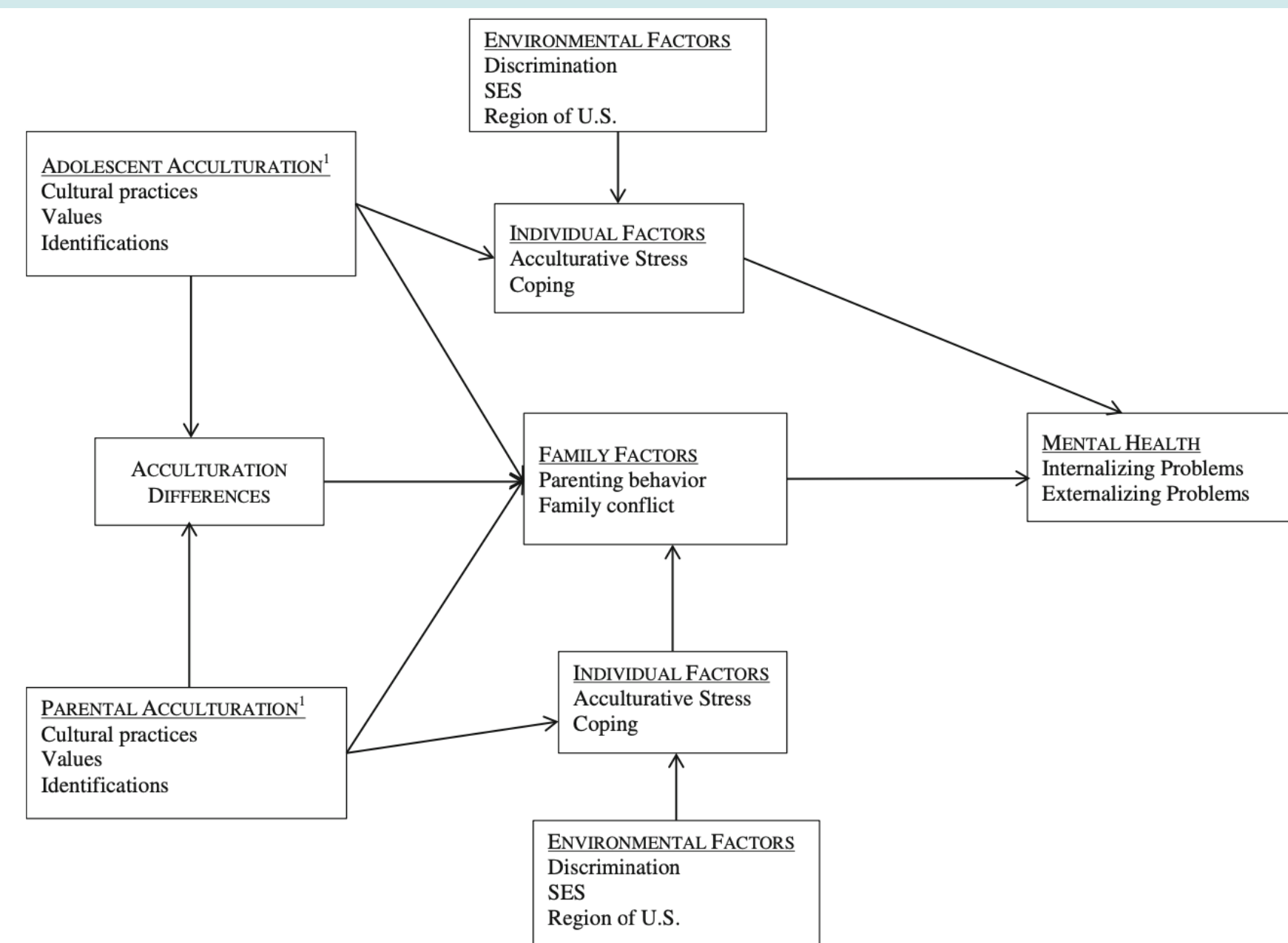
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INTRODUCTION

- San Joaquin Valley (SJV) counties are ranked high in mental health needs for both adults and children.¹
- Majority of the SJV residents identify as Latinx (57%) and 21% foreign born.²
- Most community health needs assessment (CHNA) are limitedly informed by hard-to-reach populations (i.e. immigrant and undocumented).
- Literature describing the impact of Latinx culture and acculturation has on mental health outcome is mixed.³ Secondly, understanding rural Latinx immigrants in CA is limited. Most studies done have been in urban and Midwest rural settings.

Figure 1 Understanding Acculturation and Latino Adolescent Mental Health



¹ Adapted from Schwartz et al. (2010)

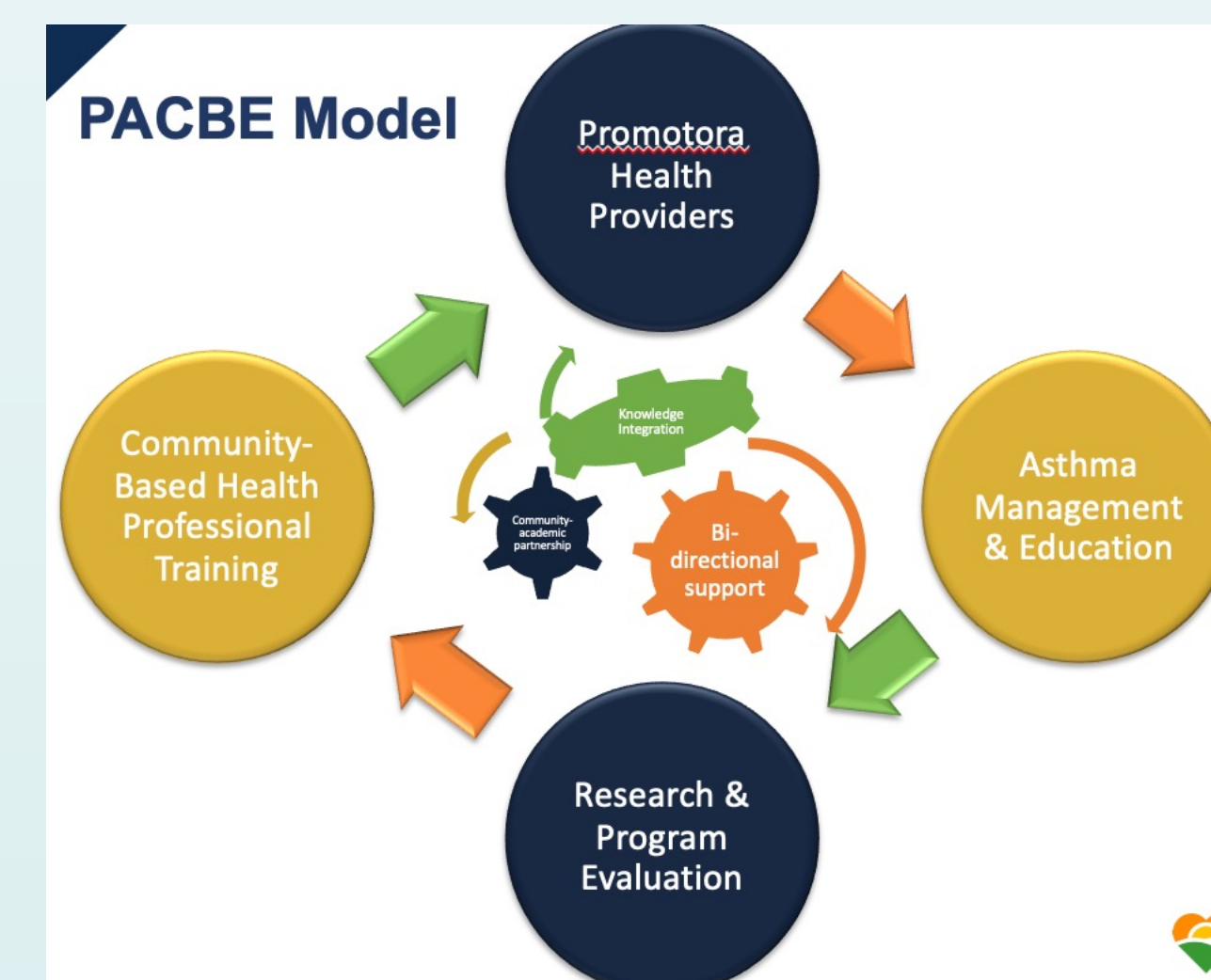
OBJECTIVE

- Understand cultural and acculturation influences on Latinx adolescent in California's SJV.
- Investigate the parents' perception of intergenerational acculturation differences to that of their child's and overall perception of mental health.

METHODS

- Community Based and Participatory Action Research with promotoras³.
- Pilot study: Mexican rural and immigrant Spanish speaking parents with <18 yr. children.
- Focus group themes: 1) Parental Acculturation, 2) Factors-centric, and 3) Mental Health.
- Preliminary qualitative findings to shape which acculturation-mental health pathway to explore in subsequent focus groups
- Gift cards provided for parent participation.

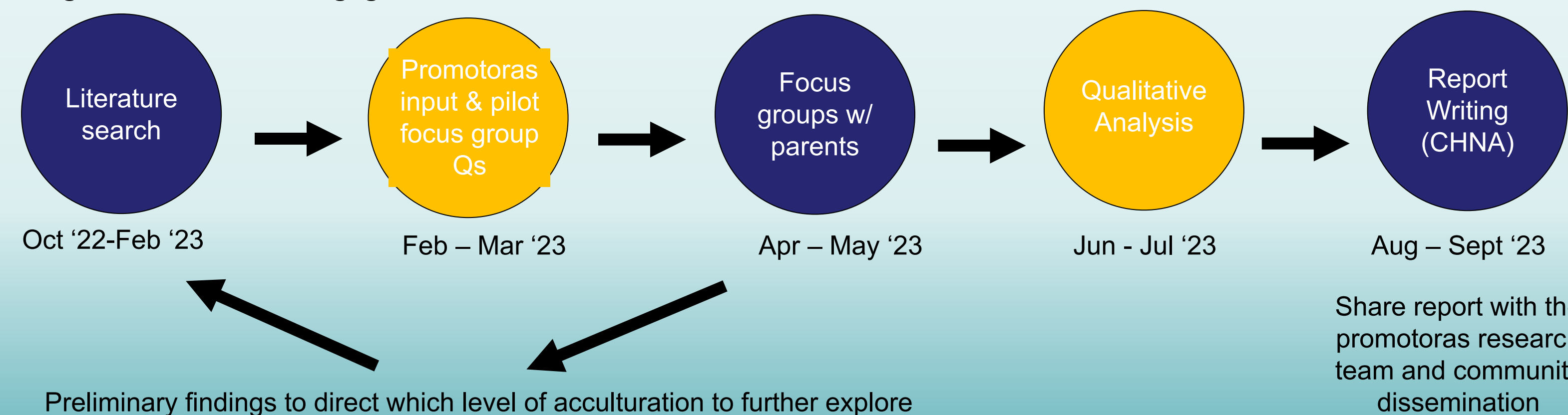
Figure 2. Promotora and Community Based Education Model Adapted from asthma study



ANALYSIS PLAN

- Focus group transcription from Spanish to English
- Qualitative analysis
- Community health needs assessment report
- Share report with the promotoras

Figure 3. Promotora Engagement Research Plan



CONCLUSION

- Anticipated challenge 1: Parent recruitment sample size for generalizable of rural Latinx community. Solution: Promotora model to engage hard-to-reach populations.
- Anticipated challenge 2: Full disclosure of family dynamics and mental health topics given sensitive and possible stigma. Solution: Establish community and confidentiality guidelines.

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Camarena Health Centers' "Promotores de Salud"



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