



Increasing Mental Health Awareness Among Hispanic Adults in the City of South Gate



Society of Hope

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INTRODUCTION

Project Purpose & Description

Conduct a culturally tailored mental health workshop to increase mental health awareness among Hispanic adults by addressing barriers such as stigma, limited access to services, and enhancing coping mechanisms.

Social Problem & Target Population

Hispanic adults in the city of South Gate are experiencing increased rates of mental health challenges, yet there remains a low rate of access to and utilization of mental health services.

Scope of Social Problem

Community Stakeholder Interviews:

- When it comes to the needs and barriers, the interviewees mentioned a similar theme: a lack of awareness of community resources as a main reason for not utilizing the available services.

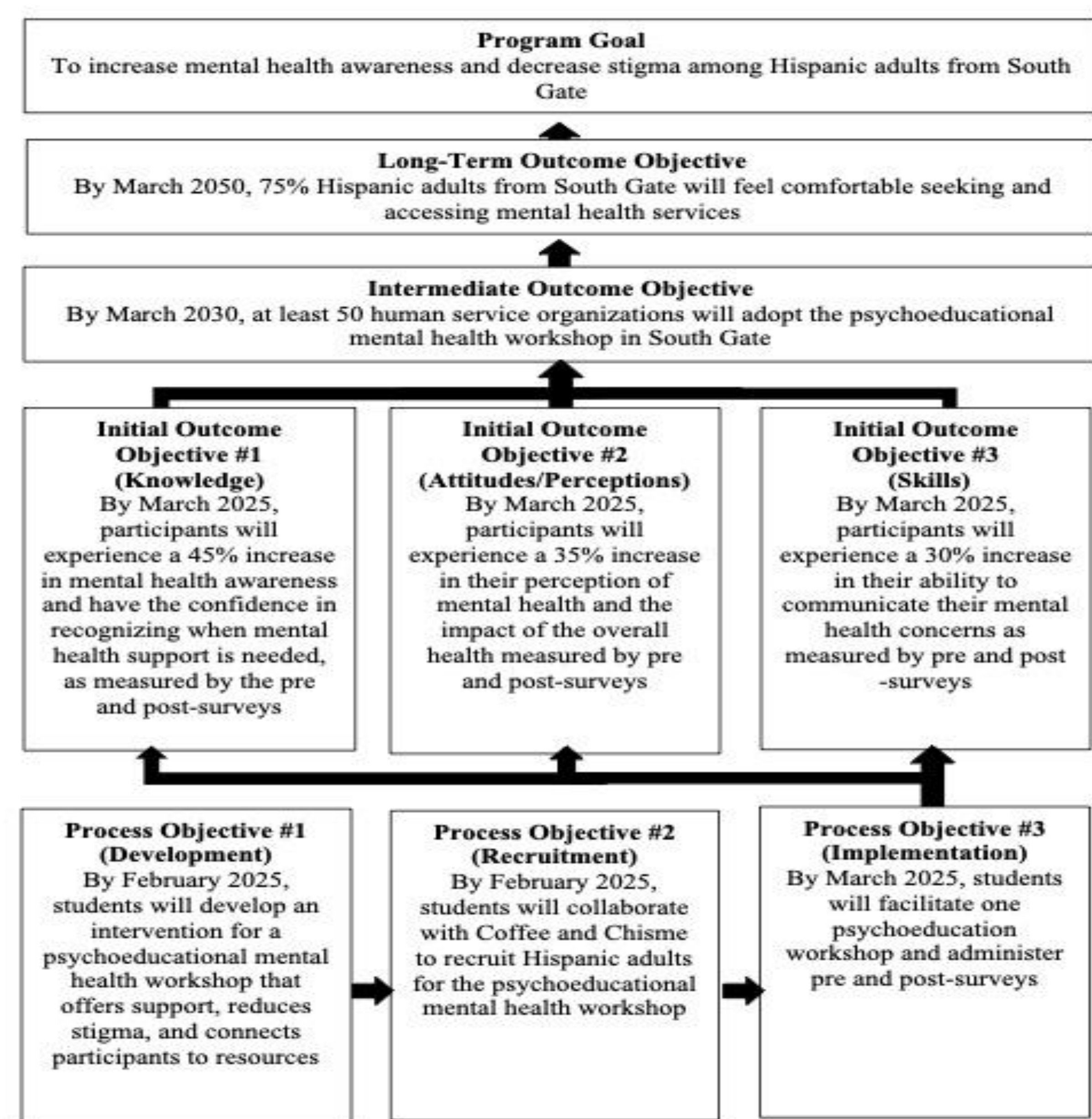
Secondary Data:

- Hispanics make up 95.3% of South Gate's population, yet they are significantly underrepresented in mental health service usage
- Non-Hispanic whites are seven times more likely to access outpatient mental health services than Spanish-speaking Hispanics, largely due to language barriers and cultural stigma (Moyce et al., 2022)
- National data show 53% of Latinos report moderate to severe depressive symptoms, versus 37% of White Americans (Fripp & Carlson, 2017)

Alignment to Specialization

The inclusion of a bilingual mental health professional workshop and community testimonies fosters trust and openness, helping to reduce fear and stigma around mental health treatment. Providing culturally appropriate resources with practical tools also directly addresses the community's lack of awareness about available services.

PROJECT OVERVIEW, OBJECTIVES & OUTCOMES



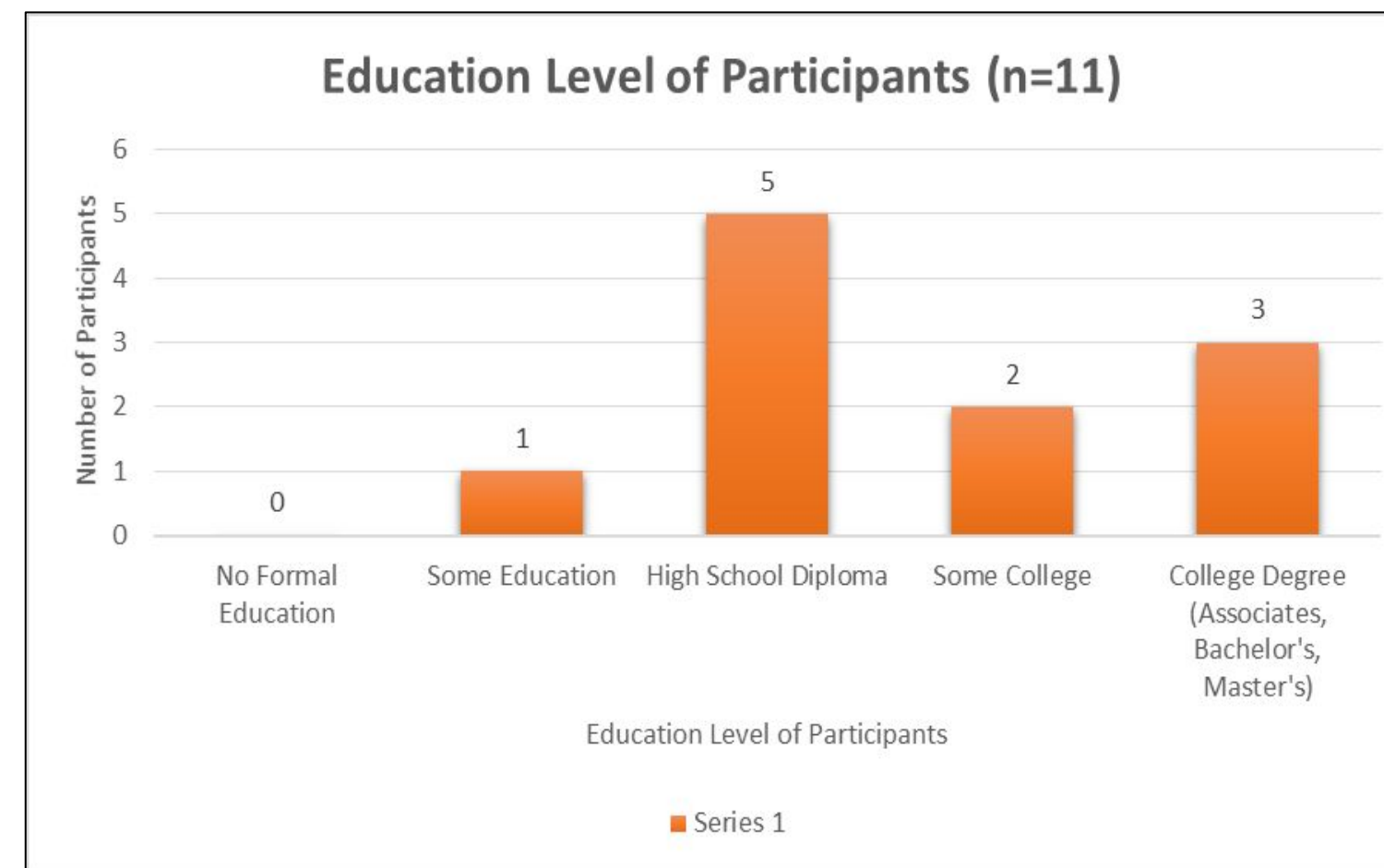
METHODS

The purpose of the evaluation was exploratory and descriptive to measure participants' knowledge, attitudes, and perceptions regarding mental health. The evaluation design used was pre-experimental. A quantitative methods approach was used including true/false items and Likert-scale items. Sampling was obtained using a convenience sampling strategy. There were a total of 11 participants (n=11) of the South Gate Hispanic community who voluntarily attended the workshop. Recruitment was done through community outreach efforts, including flyers, social media, and promotion via partner organization, Coffee and Chisme. The methods used for the analysis plan was descriptive statistics and inferential statistics.

RESULTS

Participant Characteristics

Variables	n	%
Gender Identification		
Male	2	81.8
Female	9	18.2
Age (n=11)		
21	1	9.1
25	1	9.1
29	1	9.1
30	1	9.1
31	1	9.1
54	2	18.2
55	1	9.1
60	1	9.1
68	1	9.1
74	1	9.1
Mean	Std. Dev.	Min
45.55	18.73	21
		Max
		74



Descriptive and Inferential

Table 2. Descriptive Statistics of participant confidence and perceptions

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre6_confidence in recog when i or someone need help	3.8182	11	1.07872	.32525
	post6_confidence in recog when i or someone need help	4.3636	11	.80904	.24393
Pair 1	pre9_people w mental illness are dangerous	2.9091	11	1.22103	.36815
	post9_people w mental illness are dangerous	2.0000	11	1.26491	.38139

Table 3. Descriptive Statistics of participant confidence and perceptions

Paired Samples Test										
		Paired Differences		95% Confidence Interval of the Difference				Significance		
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	One-Sided p	Two-Sided p
Pair 1	pre6_confidence in recog when i or someone need help - post6_confidence in recog when i or someone need help	-.54545	.68755	.20730	-1.00736	-.08355	-2.631	10	.013	.025
Pair 1	pre9_people w mental illness are dangerous - post9_people w mental illness are dangerous	.90909	.94388	.28459	.27498	1.54320	3.194	10	.005	.010

ACKNOWLEDGEMENTS

Extreme gratitude to our donors, partner, Coffee and Chisme, our participants, and the community of South Gate for making this workshop possible.

SUMMARY OF FINDINGS

Analysis of Findings

Findings revealed significant improvements in participants' confidence in identifying mental health symptoms as well as positive perceptions toward mental health. This suggest the workshop had a meaningful impact on reducing stigma and encouraging Hispanic adults in South Gate to engage in mental health conversations.

FUTURE RECOMMENDATIONS & IMPLICATIONS

Practice

- Culturally tailored mental health psychoeducation workshops can help increase mental health awareness among Hispanic communities.
- Collaborate with other community organizations such as schools and faith-based organizations to provide the workshop, making it more accessible to residents across the community.

Policy

- There are limited accessible culturally tailored mental health resources in the city of South Gate, a predominantly Hispanic population.
- The city of South Gate should dedicate funding to mental health services to continue providing the workshop across the community as there is a need for culturally tailored mental health services.

Research

- This project provides data to the limited research on culturally-tailored psychoeducation workshops. However, more research is needed to support how culturally tailored workshops increase mental health literacy among the Hispanic population.
- Making this workshop into a series as opposed to a one-time event and collecting longitudinal follow-up data could be used to provide data on the long-term impact of culturally tailored psychoeducation workshops.

COMMUNITY PARTNER

Coffee & Chisme

Name of Collaborator	Contributions
	<ul style="list-style-type: none">Advocated to provide the space at their business to allow for Society of Hope to conduct the mental health workshop.Leverage their existing support and outreach to encourage customers and the South Gate Hispanic adult community to participate in the workshop.Share their insights and expertise on the challenges and needs of Hispanic adults in South Gate.Help support the workshop by setting up the space and providing snacks and refreshments for the participants.
Luz Peña <i>Manager</i> Coffee & Chisme (323) 407-3137	

RESOURCES

Fripp, J. A., & Carlson, R. G. (2017). Exploring the Influence of Attitude and Stigma on Participation of African American and Latino Populations in Mental Health Services. *Journal of Multicultural Counseling and Development*, 45(2), 80-94. <https://doi.org/10.1002/jmcd.12066>

Moyce, S., Thompson, S., Metcalf, M., Velazquez, M., Aghbashian, E., Sisson, N., Claudio, D. (2022). Rural Hispanic Perceptions of Mental Health: A Qualitative Study. *Journal of Transcultural Nursing*, 33(3), 346-354. <https://doi.org/10.1177/10436596211070592>