

Mind behind bars

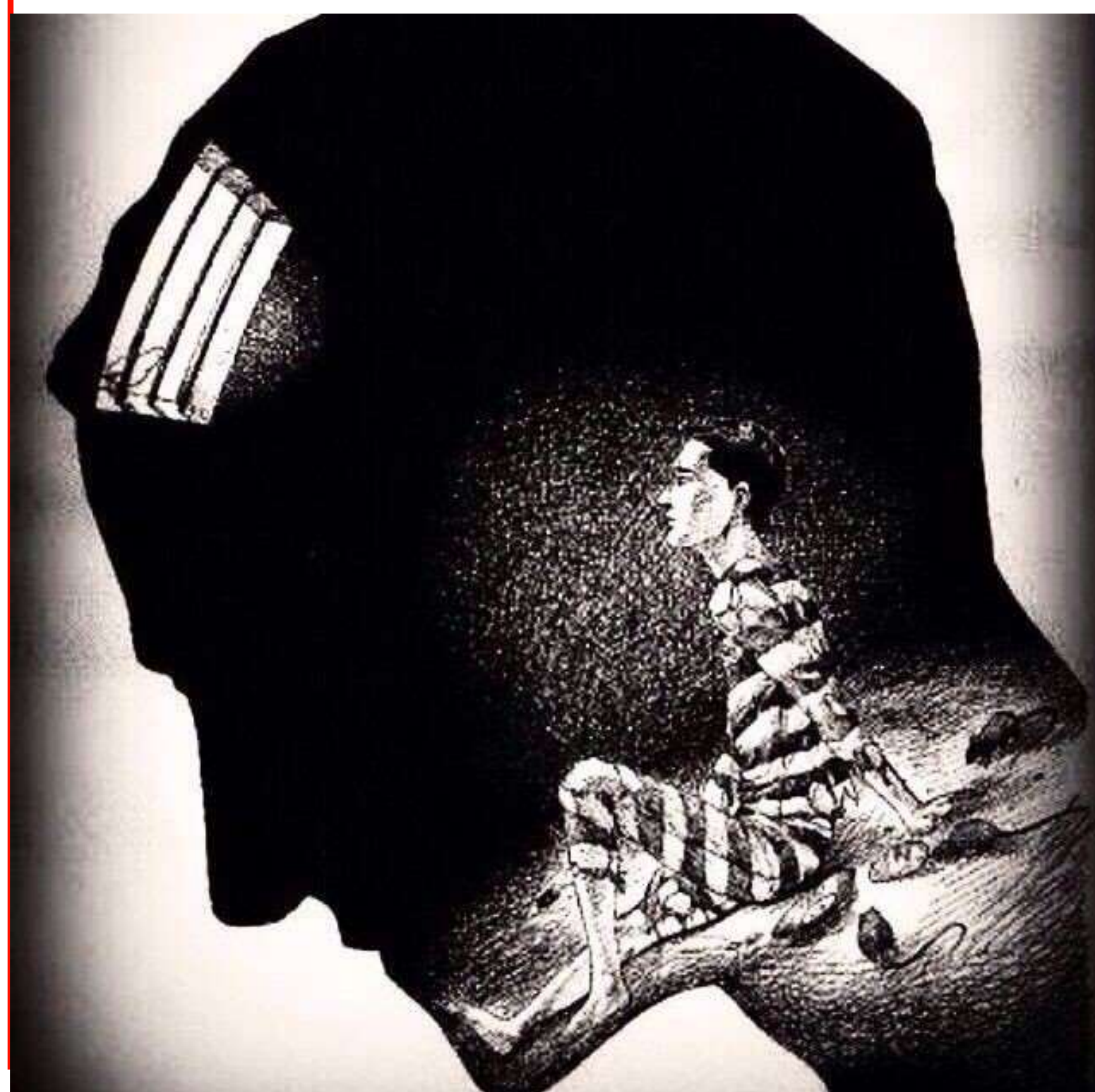
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Introduction

Growing up in an Hispanic household, mental health didn't exist. It was never discussed and there was no information within our home. I never understood why mental health and therapy were hidden. This made me question today as a Psychology major, why is mental health such a sensitive topic to many hispanics and why is it negatively stigmatized.



Research Goal

How can we change the narrative of therapy within the Latinx community?

Methods



Conducted two interviews via conference call



Conducted three in person interviews



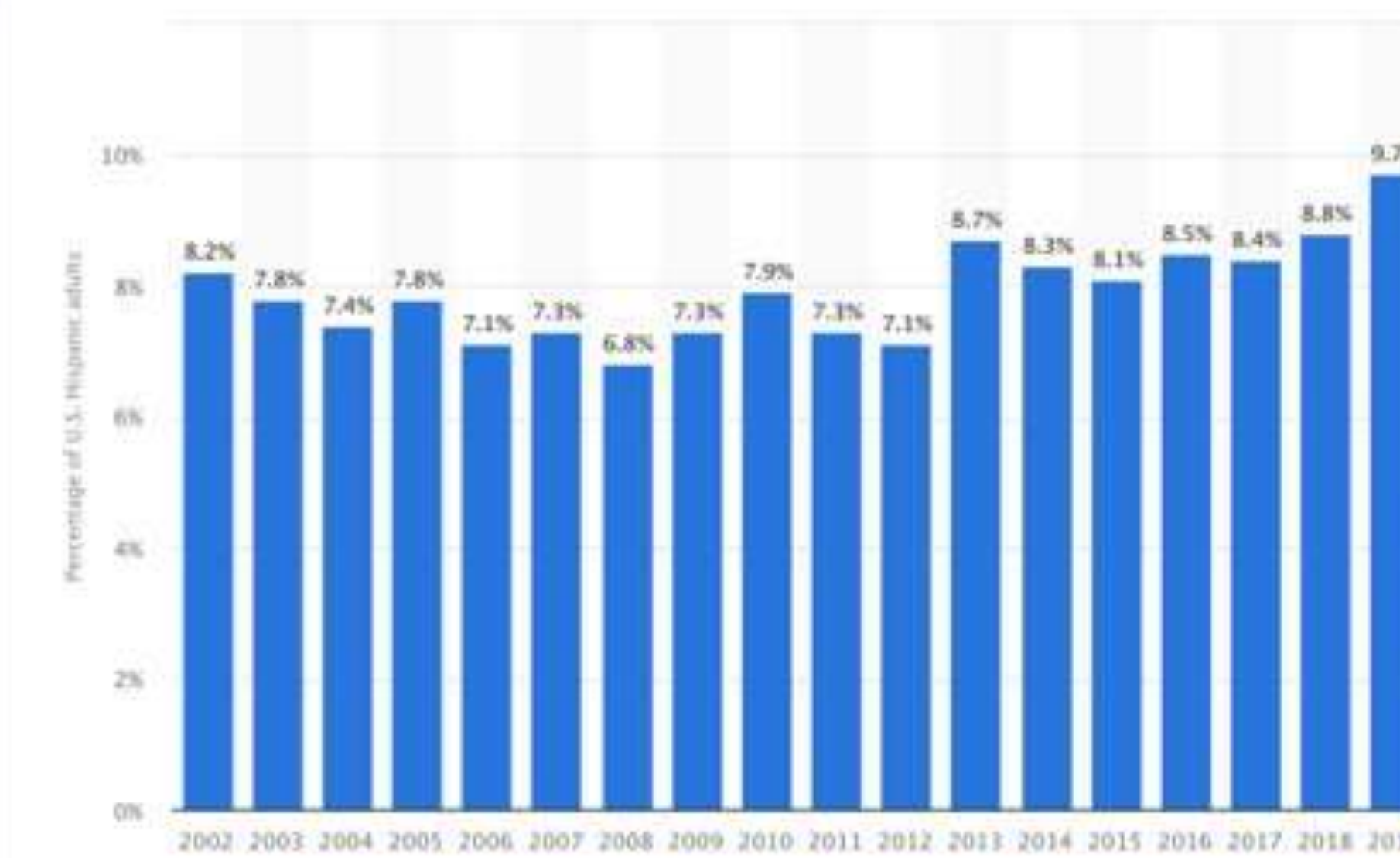
Reviewed peer reviewed and other academic material

Results

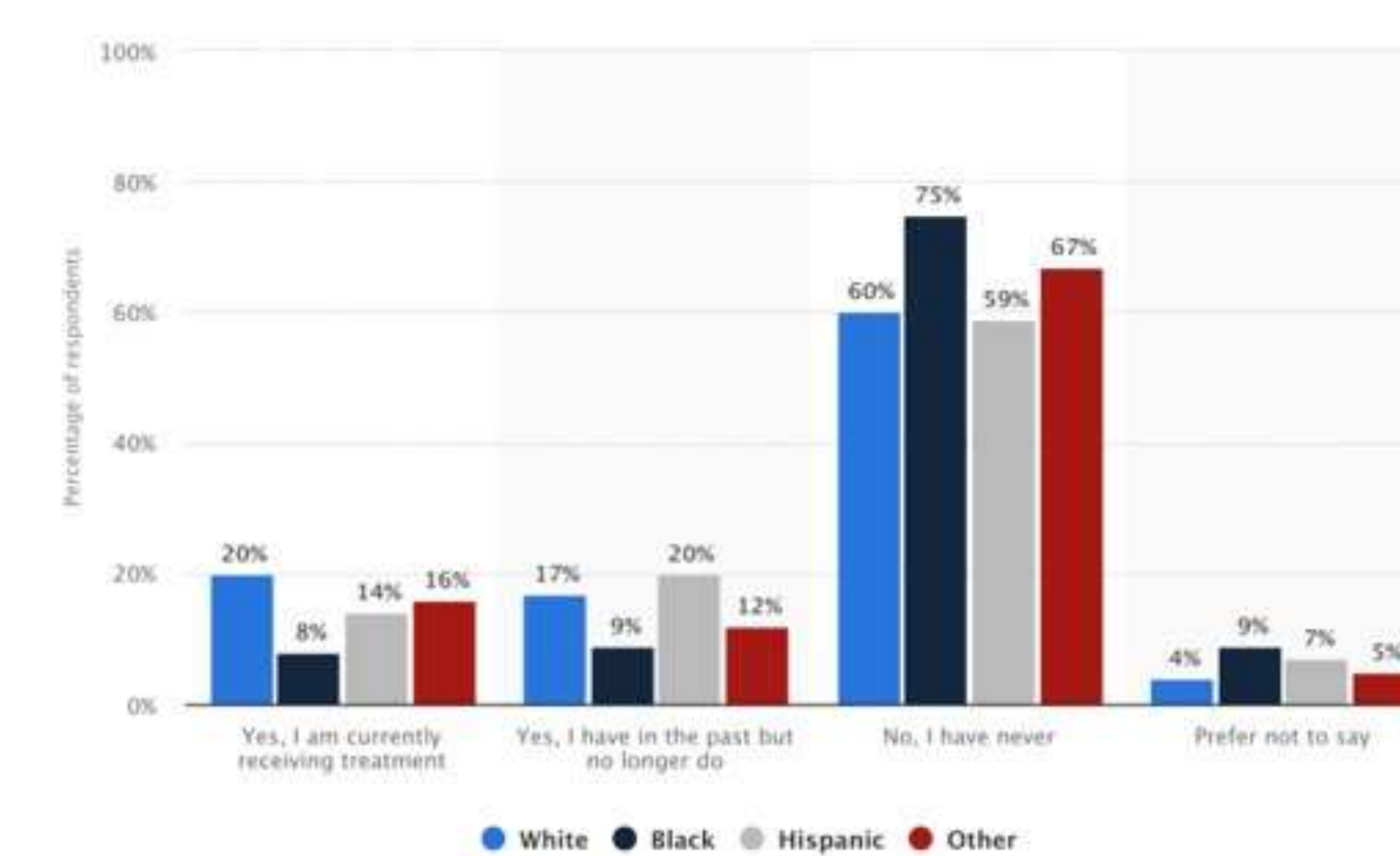
- 1 out of the 5 that I interviewed have been to therapy
- 4 of the 5 interviewees believed that social media has a negative impact on someone's mental health.
- Based on academic research, among the things that prevents most Latinos from acquiring professional help include:
 - Fear based on their legal status
 - Lack of health insurance
 - Language barriers
 - Knowledge where to find services
 - Negative stigma of being treated



Figures



U.S Hispanics or latinos who received counseling on 2002-2019



U.S adults that have received mental health treatment in 2018

Conclusion

- The common pattern I noticed from my academic research was that most of these articles discussed the barriers that prevented many Latinos from going to therapy.
- Telemedicine was a resource that many of my interviewees didn't know existed for mental health. This is consistent with my academic research that found many latinos do not know what this is and wouldn't trust using this resource.
- Another common pattern I noticed while conducting my interviews was that all of my interviewees stated that older generations, especially " Baby Boomers", often create a negative stigma against mental health. The age range of my interviewees was 17-44.
- In future research I would interview people of the Baby Boomer generation for their points of view on this topic.

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