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Innovative Practices for Resilience Building Among Latinx Youth





Topics of this Presentation

Stressors Facing Latinx Families
Resilience Competencies
Clinical and Structural Interventions
Concluding Remarkss

ADVERSITY IN LATINX YOUTH

- Poverty
- Discrimination
- Acculturative Stress
- Negative and Traumatic Immigration Experiences



kuperminc, Wilkins, Roche, & Alvarez
Jimenez, 2009

IMMIGRATION-RELATED ADVERSITY

THREAT AND DEPRIVATION
ALONG THREE TYPES OF
EXPERIENCE:

1. MARGINALIZATION AND
DISCRIMINATORY
POLICIES

Underresourced institutions and
hardship experiences

2. EXPERIENCES OF
IMMIGRATION POLICY AND
ENFORCEMENT IN THE
COMMUNITY

Community raids and family separation

3. FAMILY DEPORTATION
AND FAMILY SEPARATION

Emotional and economic consequences

Optimism and
persistence



Connectedness



Environmental stability



Protective Assets and Competencies



Personal Capacities

PRESENT MEANINGS
AND FUTURE VIEWS
OF THE SELF

Vision and agency are key

ETHNIC/RACIAL/
IMMIGRANT IDENTITY

Cultural pride, resistance of
bias, social justice values

HELP-SEEKING
STANCE

Seek emotional and
material support



Activities with siblings,
parents, extended family

Parental presence and
monitoring

Informal contracts

Family Connectedness and Stability



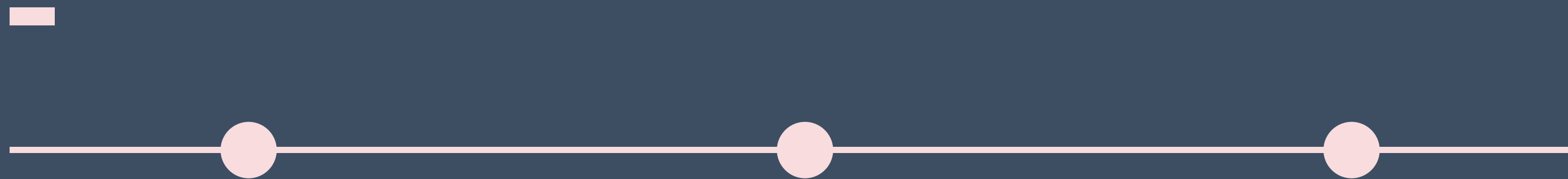
Empowerment and Civic Engagement



Deferred Action for
Childhood Arrivals (DACA)

Educational Institutional Support

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UNDERSTANDING
OF STUDENTS'
LIVES

Presentations are
communication tools.

SUPPORT
STRATEGIES

Emotional validation
and advice
Material support

CURRICULUM

Relevance to youth lives

STRUCTURAL
COMPETENCIES

CONSIDERATIONS FOR INTERVENTION

Levels of intervention to match intersection of threat and deprivation

Levels of intervention that account for competencies at all levels

Levels of intervention that range from individual to community to structural

CLINICAL INTERVENTIONS





ADVOCACY AND CASE MANAGEMENT

CASE MANAGEMENT

Connect to needed social resources

SOCIAL ACTION

Immigration proceedings, disseminate research, testimony, protest

CROSS -SECTOR COLLABORATION

support organizations, community health work collaboration

Valdez, Barajas - Gonzalez, Ayón,
Brabeck, Rojas - Flores, & Walsdorf,

2022



Ethnic -Racial Socialization

BIAS AND CULTURAL PRIDE

Difficult Conversations

IMMIGRATION STRESS AND
FEARS

TRAUMA-INFORMED CARE

Valdez, Barajas -Gonzalez, Ayón, Brabeck,
Rojas -Flores, & Walsdorf, 2022

RADICAL HEALING INTERVENTIONS

Programs that address immigration
related trauma

TRAUMA -INFORMED PREVENTION PROGRAMS

Racial healing programs

TRAUMA -INFORMED CLINICAL INTERVENTIONS FOR YOUTH

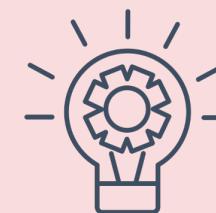
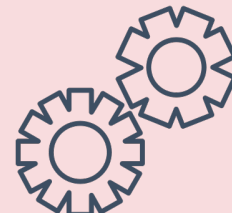
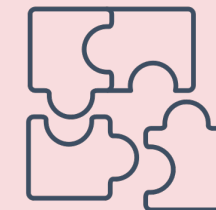
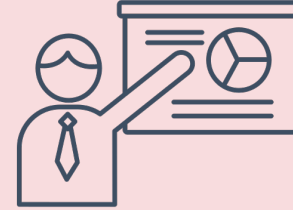
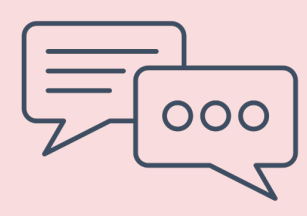
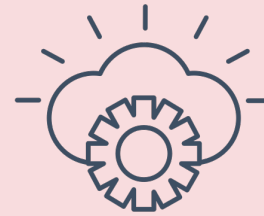
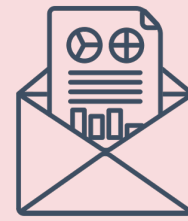
Presentations are communication tools.

INVOLVING PARENTS IN TRAUMA -INFORMED WORK

Presentations are communication tools.

Structural Interventions

Broad, cross -sector approaches that intervene on social determinants of health



THREAT AND DEPRIVATION IN LATINX YOUTH IN THE U.S.

Adversity is historical, related to poverty, and
related to immigration stress

COMPETENCIES EXIST AT
MULTIPLE LEVELS AND ARE FLUID
BASED ON CHILD DEVELOPMENT
AND MINORITY STATUS

Competencies do not reside in child alone

CLINICAL AND STRUCTURAL
INTERVENTIONS ARE NEEDED

Conclusion



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