



IMMIGRATION, TRAUMA AND SUBSTANCE USE:

The Latino Journey to the U.S.

M A Y
23-24
2017

UNIVERSITY OF HOUSTON

STUDENT CENTER SOUTH - HOUSTON ROOM
4455 UNIVERSITY DRIVE - HOUSTON, TEXAS



National Hispanic & Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The National Hispanic and Latino Addiction Technology Transfer Center

Institute of Research, Education, and Services in Addiction
Universidad Central del Caribe
PO Box 60327
Bayamón, Puerto Rico 00960-6032

Going green.

Immigration, Trauma and Substance Use: The Latino Journey to the U.S. is proud to announce this is a 'green event'. All planning and execution efforts have been done with mindfulness toward our environment and resource sustainability. Symposium planning, marketing, publicity, invitations and registration were created paperless from the start, with this standard at the forefront. Attendees and speakers are strongly encouraged to utilize electronic media for viewing hand-outs and materials.

Presentations will be available for downloading at this website:
www.attcnetwork.org/hispaniclatino



About IRESA

The purpose of the Institute of Research Education and Services in Addiction (IRESA) of the Universidad Central del Caribe, School of Medicine is to promote and develop research, education, and services for substance use and other behavioral health conditions in Latino communities in the United States and Puerto Rico. Established in 1992, and formerly known as the Center for Addiction Studies, it has conducted an array of initiatives in prevention and substance use treatment services, criminal justice, homelessness, HIV, and workforce development.

Research:

- Provides clinical and demonstrative research expertise to assess and address health disparities among individuals with substance use disorders.
- Serves as a key resource in the presentation of gender-specific treatment approaches and trauma-related services.
- Supports in the development of intervention models aimed to reduce HIV risk behaviors and substance use.
- Offers consultations on the implications and interpretations of data on substance use, correlations and consequences that have strengthened education/teaching/methods and interventions in the substance use field.

Education:

- Delivers technical assistance and consultation to program directors, clinical managers/supervisors, and trainers on implementation issues, and sustainability of treatment best practices.
- Designs and develops curricula for multidisciplinary personnel who offer treatment for substance use disorders.
- Supports academic programs for allied health professions and provides continuous technical assistance for the Post-Baccalaureate Certificate in Substance Abuse Counseling and a Master's Degree in Health Science in Substance Abuse Counseling.
- Provides continuing education courses in a wide range of topics including prevention efforts, especially for adolescents' and adults' mental health first aiders, treatment and recovery support services for mental health and substance use disorders for all type, of service providers.

Services:

- Offers a demonstrative and practicum site to disseminate best practices to treat substance use disorders.
- Serves as liaison with other behavioral health services for persons with substance use disorders.
- Develops intervention manuals that have proven useful in practice with the Puerto Rican populations, and providers serving Hispanics and Latinos in the United States.
- Provides a program evaluation component to support policy development, decision-making, and accountability to determine program effectiveness and organizational capacity.

The evolution of the Institute provides an excellent example of the seamless integration of research, education, and services into the substance use field. The expertise and network capabilities allows for international collaborations in substance use core concepts for the areas of criminal justice, primary care, recovery and support services, trauma and gender-specific services, clinical supervision, medication assisted treatment, motivational interviewing, cultural elements in treating Hispanics and Latinos and their clinical application, family therapy for Latino adolescents, and US Latino youth street gangs, among other topics.



Dedication

We dedicate this conference to all those working in our communities, often under the most difficult of circumstances, delivering the best possible behavioral health services to Latinos and Hispanics in need of substance use recovery and treatment.

Many of the people they serve have been ravaged by the physical and emotional effects of immigration, by the trauma that so often accompanies the journey, and by the powerful effects of substance use disorders that disrupt their lives and the lives of those they love. Much of the work of the many dedicated professionals and community members in behavioral healthcare goes unrecognized, despite the critical services they provide every day to countless families.

We salute and honor their dedication, selflessness, and determination to help others live happy, fulfilling lives.



Thank You

Gracias





IMMIGRATION, TRAUMA AND SUBSTANCE USE:

The Latino Journey to the U.S.

While two-thirds of Latinos are U.S.-born, immigration continues to play a significant role in the latino cultural experience and impacts many aspects of life, deserving special consideration. There were 56.6 million Hispanics living in the U.S. as of July 2015 according to the American Community Survey. Additionally, most of the estimated twelve million undocumented residents in the U.S. are Latinos/as. Moreover, second, third, and higher generation Latinos continue to have relationships with their countries of origin or heritage long after they have become integrated into the fabric of U.S. society. Nevertheless, immigration represents two major sources of stress, 1) family dislocation, fragmentation and reconstruction, and 2) culture change for individuals and across generations. The process of immigration and resettlement is often complex and can lead to experiences of trauma, acculturation stress, and substance use.



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National Hispanic & Latino

ATTC

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George Youngblood

Chief Executive Office
Teen and Family Services

Agenda

Day One - Tuesday, May 23rd

7:30AM – 8:30AM

Registration

8:30AM – 9:00AM

Opening Remarks

9:00AM – 9:30AM

Introduction Presentation

Immigration, Trauma and Substance Use:
The Latino Journey to the U.S.

Speaker: Teresa Chapa, PhD, MPA

Executive Dean / Alliant International University
California School of Professional Psychology

9:30AM – 10:30AM

Keynote Presentation

The Price of the American Dream

Speaker: Roberta Leal, PhD

Visiting Assistant Professor

University of Houston Clear Lake Department of Social Work
& Latino Social Workers of Greater Houston Network

10:30AM – 10:45AM

Morning Recess – Visit to the Health Fair

10:45AM – 12:00PM

Panel Presentation

The Effects of Acculturation Stress on Well Being in
Hispanic Immigrant Communities

Speakers:

Richard Cervantes, PhD / Behavioral Assessment, Inc.

Daniel Santiesteban, PhD / Psychologist/Professor Director,
Dunspaugh-Dalton Community & Educational Well-Being Research
Center School of Education and Human Development
University of Miami

12:00PM – 1:00PM

Brown Bag Luncheon Presentation

"The Experience of Being a Non-Latino
Mental Health Professional Who Works with
Latino Patients: Providing Appropriate Transcultural Care"

Speaker: Emily Maynard, PhD

Post-Doctoral Fellow in Clinical Psychology Hasford Clinic
University of California, Santa Barbara

Sponsored by: **Avenue 360**



1:00PM – 2:15PM

Presentation:

The Intersection between Immigration and Trauma:
Considering Culture in Behavioral Health Interventions

Speaker: Miguel Gallardo, PsyD

Associate Professor and Director, Aliento Pepperdine
University Graduate School of Education and Psychology

2:15PM – 2:30PM

Afternoon Recess – Visit to the Health Fair

2:30PM – 3:30PM

Feature Presentation:

Parenting Interventions for Diverse Populations from
Socioeconomically Disadvantaged Communities: Applying
Research Findings to Service Provision

Speaker: Esther Calzada, PhD

School of Social Work
University of Texas at Austin

3:30PM – 4:00PM

Summary Presentation

Speaker: Diane Arms-Signore, MS

Director of Programs
AAMA

4:00PM – 4:30PM

Group Mixer

4:30PM – 6:00PM

Movie Viewing – Generation Found



Agenda

Day Two - Wednesday, May 24th

7:30AM – 8:30AM

Registration

8:30AM – 9:00AM

Opening Remarks

9:00AM – 10:00AM

Keynote Presentation

“Immigration, Family Detention and Trauma:
Maternal and Child Risk Factors for Substance Use”

Speaker: Luis H. Zayas, PhD

Dean and Robert Lee Sutherland Chair
in Mental Health and Social Policy

University of Texas at Austin School of Social Work

10:00AM – 10:15AM

Morning Recess – Visit to the Health Fair

10:15AM – 11:30AM

Panel Presentation

Trauma, Resilience, and Empowerment: Psychosocial stressors
and protective factors of immigration experiences.

Speakers: Roberta Leal, PhD

Christine Kovic, PhD

Sarah Howell, PhD

Mr. Juan Cervantes

11:30AM – 12:15PM

Special Interest Presentation

Trauma and substance use among Unaccompanied Migrant Youth
in Texas

Speaker: Jodie Berger-Cardoso, PhD

12:15PM – 1:15PM

Lunch Recess

Sponsored by: **The Council for Recovery**



1:15PM – 2:15PM

Featured Presentation:

Latino Immigration: A Psychological Examination of
Culture and Trauma

Speaker: Salvador Treviño, PhD

Director of Practicum

Doctoral Program in Clinical Psychology

Antioch University, Santa Barbara

2:15PM – 2:30PM

Afternoon Recess – Visit to the Health Fair

2:30PM – 3:30PM

Panel Presentation:

Recovery Processes for Latino Immigrants; Multiple Perspectives

Speakers: Haner Hernandez, PhD

Mr. Emilio Parker

Sasha McLean, LMFT, LPC

3:30PM – 4:00PM

Summary Presentation

Speaker: George Youngblood

Teen and Family Services

Immigration, Trauma and Substance Use: The Latino Journey to the U.S.

Teresa Chapa, PhD, MPA



Dr. Teresa Chapa, is the Dean for the California School of Professional Psychology at Alliant International University where she provides leadership and oversight to 6 California based and 3 international campuses; including programs in clinical counseling, MFT, organizational psychology and 9 APA accredited psychology programs. She has had a distinguished career in public service, most recently in the U.S. Department of Health and Human Services, Office of Minority Health, Office of the Secretary, where she established and led the Behavioral Health Section and integrated behavioral health care in her position as Senior Policy Advisor for Mental Health. She had previously served as OMH director of the Division of Data and Policy; Chief of the Office of Extramural Research for the National Center for Minority Health and Health Disparities, NIH; and Special Expert to the Substance Abuse and Mental Health Services Administration. She was awarded a 2-year intergovernmental assignment to the National Hispanic Medical Association where she served as Executive Director and promoted integrated behavioral health care strategies to provider communities.

The Price of the American Dream

Roberta M. Leal, PhD, MSW



Dr. Roberta M. Leal, is currently a Visiting Assistant Professor of Social Work at the University of Houston Clear Lake and a Research Associate/Evaluator with the Graduate College of Social Work. Roberta obtained her psychology and social work degrees from the University of Houston. As an educator, she has taught micro, macro, and Latino focused courses for 9 years. Her areas of interest are social issues affecting minority populations, co-occurring medical and mental health conditions, evidence-based practice for school settings, and social work ethics. With 18 years of professional experience, Roberta has worked with diverse communities advocating for equal access to health care, education, and quality social services.

As the daughter of migrant farm working parents, Roberta has come to value the importance of education, service, and social justice. Dr. Leal recognizes the value of supporting best practices for social workers engaging with young people in vulnerable situations throughout their journey to the United States.

Abstract:

Even though immigration processes may share similarities, many elements that come into play make the experience very diverse for individuals. Common experiences among Latino immigrants include loss of culture, family, and sense of community, as well as facing psychosocial stressors that include acculturation stress, discrimination, and social injustice. For many Latinos such experiences may result in mental health difficulties, and substance use.

The presenter will address this issue from a personal point of view exposing her own life experiences with the immigration process and its possible interplay with the process and how it affected her family and furthermore her social and educational development.

The Effects of Acculturation Stress on Well-being in Hispanic Immigrant Communities

Richard C. Cervantes, PhD - Daniel Santisteban, PhD



Dr. Richard C. Cervantes, President/CEO of BAI, Dr. Cervantes provides managerial, financial and operational leadership of the firm. He serves as the senior executive and principal investigator for the firm's engagements and provides direction for all the marketing and administrative tasks of the company. He has nearly 25 years of experience in the field of mental health and HIV/AIDS research and program evaluation. He pioneered the application of statistical analysis and epidemiological techniques to Latino and other multi-ethnic populations in a community health environment. He received his Ph.D. and master's degrees in psychology and his bachelors in business administration and psychology from Oklahoma State University. His past academic positions include the University of Southern California, the California Professional School of Psychology, the University of Oklahoma, and the California State University. He has published over 40 articles in mental health and HIV/AIDS areas. He has been a member of numerous professional committees including: U.S. Center for Substance Abuse Prevention (CSAP), Substance Abuse and Mental Health Services Administration, SAMSHA State Incentive Grant Evaluation Guidance Committee.

Dr. Daniel Santisteban, is a Professor and Director of the Community and Educational Well-Being Research Center at the University of Miami School Educational and Human Development. The Center serves as a bridge between evidence based treatments and community providers who wish to implement those innovative and effective treatments.

Dr. Santisteban completed his undergraduate work at Rutgers University, received his Ph.D. in Clinical Psychology at the University of Miami, and completed his pre-doctoral internship at Bellevue Hospital/NYU. Dr. Santisteban began his research at the Center for Family Studies investigating the process and outcomes of family therapy and adolescent treatment, and identifying the ways in which cultural factors influence the treatment process.

A licensed psychologist, his more recent program of research has led to the development of an adaptive and evidence-based family therapy called Culturally Informed and Flexible Family Based Treatment for Adolescents (CIFFTA). He has been the recipient of multiple grants and has published over 45 book chapters and articles.

Abstract:

Two complementary programs of research will be presented, showing how a culturally focused assessment tool can be used along with a culturally informed adaptive treatment to better engage and serve Hispanic adolescents seeking treatment for mental health and substance use problems. On the assessment side, we present recent findings using the Hispanic Stress Inventory and Hispanic Stress Inventory-Adolescent Version that show the link between stress and mental health problems. We will show how the HSI tools can be integrated into the diagnostic and treatment planning phase. We also present on a program of clinical research that led to the development and testing of a new Culturally Informed and Flexible Family Based Treatment for Adolescents. CIFFTA systematically tailors the interventions to the unique cultural and clinical characteristics of diverse Hispanic families. We present how the work on HSI and CIFFTA come together and share the results of some recent treatment studies.

Acculturative Stress: Understanding Latina/o Communities in Context

Miguel Gallardo, PsyD



Dr. Miguel Gallardo, is an Associate Professor of Psychology at Pepperdine University's Graduate School of Education and Psychology, where he teaches courses on multicultural and social justice, intimate/partner violence and professional development issues. Dr. Gallardo also serves as the Director of Aliento, The Center for Latina/o Communities at Pepperdine University. He is a licensed clinical psychologist (CA PSY# 21360) and maintains an independent/consultation practice. Dr. Gallardo is currently Director of Research and Evaluation for the Multi-ethnic Collaborative of Community Agencies (MECCA), a non-profit organization dedicated to serving monolingual Arab, Farsi, Korean, Vietnamese and Spanish speaking communities. Dr. Gallardo has published refereed journal articles and book chapters in the areas of multicultural psychology, Latina/o psychology, and ethics and evidence-based practices.

Dr. Gallardo is one of the founding members and served as the first president of the California Latino Psychological Association and continues to be active in psychological organizations on the state and national levels.

Abstract:

This presentation addresses the intersectionality of acculturation, acculturative stress and the contextual trauma in the lives in Latina/o communities. Some studies indicate that substance dependence and abuse are growing steadily within Latina/o communities in the United States. Unexamined, it would be easy to assume that the problem lies solely within the individual's control, however the development of social issues is often the consequence of factors extending beyond an individual's control and local geographical environment. While the use, or abuse, of substances may seem like a choice, this presentation argues that the struggle between maintaining ones Latina/o cultural identity and traditions, while attempting to adapt to a cultural community that may be in direct contradiction, creates stressful and deleterious environments for many Latinas/os.

Latino Immigration: A Psychological Examination of Culture and Trauma

Salvador Treviño, PhD



Dr. Salvador Treviño, has taught professional psychology for over 27 years and lectures extensively on the theories and practices of psychoanalytic psychotherapy, primitive mental states, and Latino mental health. Drawing on his scholarship of more than 36 years of clinical work with Latino immigrants, Dr. Treviño is active in furthering the national conversation on cultural diversity, Latino historical trauma, the psychology of racism, and matters of social justice and community engagement from a psychoanalytic perspective. Dr. Treviño is a full member of the American Psychological Association, the California Association of Marriage and Family Therapists (CAMFT), and the Santa Barbara Chapter - CAMFT. Dr. Treviño is licensed as a psychologist and marriage and family therapist. Dr. Treviño is core faculty with Antioch University Santa Barbara Doctoral Program in Clinical Psychology. He maintains a private practice in Santa Barbara.

Abstract:

This interactive, didactic presentation addresses Latino immigration, cultural trauma, and cultural complex. It is a psychoanalytic/phenomenological examination of the immigration journey as a psychological event. The clinical uses of patients' dreams are examined to illustrate key concepts.

This presentation, appropriate for beginning and advanced practitioners, offers theoretical and clinical conceptualizations of presenting symptomatology of Latino immigrants in mental health treatment for a variety of disorders. Practical interventions for culturally informed psychotherapy are discussed.

The presentation is informed by the rich history of the psychoanalytic literature and in consultation with experts in Latino mental health, immigration, and community psychology. The philosophical foundation for this presentation emphasizes three principles of phenomenology: 1) A person is the expert in her/his own lived experiences. 2) Knowledge can be constructed by listening to the descriptions of the person's lived experiences. 3) Fidelity to lived experiences.

Day One Brown Bag Luncheon Presentation

The Experience of Being a Non-Latino Mental Health Professional Who Works with Latino Patients: Providing Appropriate Transcultural Care

Emily Maynard, PhD



Dr. Emily Maynard, received her Ph.D. in clinical psychology from Fordham University. Her pre-doctoral internship was conducted at NYU-Bellevue Hospital Center in New York City, where she completed rotations in medical psychology, substance abuse treatment, and inpatient psychiatry. Dr. Maynard received her undergraduate degree in Spanish and Portuguese from Princeton University, with a minor in Latin American Studies, and she was later a Fulbright Fellow to Brazil. Dr. Maynard is bilingual in Spanish and fluent in Brazilian Portuguese.

Dr. Maynard's dissertation research examined the experience of being diagnosed with bipolar disorder in emerging adulthood. She is particularly interested in diagnostic issues among individuals with severe mental illness, substance abuse disorders, and personality disorders. The majority of her clinical training has focused on providing care to Latinos and other immigrant groups, and she is versed in family, group, and individual psychotherapy. She pragmatically draws from behavioral psychology, health psychology, psychodynamic psychotherapy, and humanistic/existential perspectives in providing care to her patients. In addition to the Hosford Clinic, Dr. Maynard works off-site at the St. George Family Youth Center (YMCA) in Isla Vista, providing psychoeducation and support to Latino youths and their families.

Abstract:

This presentation, by a non-Latino clinician who has worked extensively in Spanish and with Latino patients, integrates available research on effective clinical practice with Latinos with first-hand experience in providing transcultural psychotherapy. Eighteen percent of the U.S. population is Latino (56.6 million), yet only 5% of American psychologists are Latino. Combined 2003 to 2011 data indicate that Hispanics aged 12 or older were more likely than non-Hispanics to have needed substance use treatment in the past year (9.9% vs. 9.2%). Hispanics who needed substance use treatment were less likely than non-Hispanics to have received treatment at a specialty facility in the past year (9.0% vs. 10.5%). Among Hispanics needing but not receiving treatment, only 5.6% perceived a need for treatment³ Also, Latino clients experience more barriers, such as language and culture and resources, which reduce their access to services.

Immigration, Family Detention and Trauma: Maternal and Child Risk Factors for Substance Use

Luis H. Zayas, PhD



Dr. Luis H. Zayas, is dean of the School of Social Work and the Robert Lee Sutherland Chair in Mental Health and Social Policy. In a career spanning 40 years, he has been a clinician, researcher, and advocate for disadvantaged ethnic and racial minority families and children. Zayas has published extensively in scientific and professional journals and has been an op-ed contributor in major news media. He is the author of *Latinas Attempting Suicide: When Cultures, Families, and Daughters Collide* (Oxford, 2011), which is based on his decades of clinical and research experience with Hispanic families and children. His latest book is *Forgotten Citizens: Deportation, Children, and the Making of American Exiles and Orphans* (Oxford, 2015), about the plight of U.S.-born children of unauthorized immigrants who live under the constant threat of deportation or have been deported. *Forgotten Citizens* received the 2016 Book Award Honorable Mention by the Society for Social Work and Research book award committee and was runner up for the prestigious 2016 Hamilton Book Award.

Abstract:

Texas is home to two “family residential centers” operated by private prison companies under contract with the Immigration and Customs Enforcement. Mothers and children fleeing the violence of their Central American countries make up the largest segment of the population in these detention centers. After experiencing trauma in their home countries from which they fled, these women and children suffered numerous stresses and traumas in the migration through Mexico. Upon apprehension by Customs and Border Patrol and ICE, they are placed in detention. Detention adds another layer of stress and trauma on this already-vulnerable population. This keynote describes the conditions that detainees face, and draws on empirical research and the speaker’s direct clinical work with asylum-seeking mothers and children to discuss the potential effects of immigration and detention trauma on the future mental health and substance use of this population.

Trauma, Resilience, and Empowerment: Psychosocial Stressors and Protective Factors of Immigration Experiences.

Moderator: Dr. Roberta Lea, PhD

Panel: Dr. Christine Kovic, PhD - Sarah Howell, PhD - Special Guest



Dr. Christine Kovic is an Associate Professor of Anthropology at the University of Houston-Clear Lake. She has conducted research on the topics of human rights and religion in Mexico and the United States for the last 15 years. Her previous research on indigenous rights in southern Mexico has been published in *Mayan Voices for Human Rights: Displaced Catholics in Highland Chiapas* (University of Texas Press, 2005) and *Women of Chiapas: Making History in Times of Struggle and Hope* (Routledge, 2003 co-edited with Christine Eber). Most recently, she has been conducting interviews with Central American migrants crossing southern Mexico en route to the United States on the topic of human rights. She is collaborating with a number of groups on the issue of day laborers and worker rights in Houston.

Dr. Sarah Howell is the school social worker at Las Americas Newcomer School in Houston ISD. Sarah has built her career working with immigrants and refugees, and specializes in trauma and torture survivors within those populations. Sarah is passionate about educating others about trauma and trauma informed education. She completed her BA in International Politics and Diplomacy in 2007 at Texas A&M. Following four years managing International Services with the Greater Houston Area American Red Cross, Sarah obtained her MSW at the University of Houston in 2013. She will be completing the requirements for her license in clinical social work (LCSW) in 2017. She has been appointed to the Mayor's Advisory Council on Immigrant and Refugee Affairs (MACIRA) and the Welcoming Houston Task Force. She has traveled extensively to understand the clients she works with, including trips to Kakuma Refugee Camp in Kenya to teach English, and Guatemala to study Spanish and assist with therapy and support groups. Over the last three years she has traveled to Central America several times to visit the countries that unaccompanied minors are currently immigrating from. Her most recent trip included a visit to San Pedro Sula, Honduras.

Abstract:

Immigration experiences have a diverse impact on Latino families. Psychosocial stressors related to mental health, substance use, and trauma can impede resiliency and empowerment. While migration experiences are diverse, risk factors and social barriers remain similar and influence behavior for recent immigrants. A variety of migration journeys and protective factors leading to resilience and empowerment will be discussed. Panelists will address educational barriers for unaccompanied minors, increased criminalization of migrant parents, and lack of resources and support for college age undocumented students.

Trauma and Substance Use Among Unaccompanied Migrant Youth in Texas

Jodi Berger-Cardoso, PhD



Dr. Berger Cardoso's research examines how exposure to trauma and psychosocial stress before, during and post-migration affects the mental health of immigrants and their children. She has published extensively on immigration, mental health, and trauma. Dr. Cardoso recently obtained external funding to explore trauma, stress, and coping experiences among unaccompanied Latino migrant children in Texas. She is currently participating in a National Institute on Drug Abuse training program to develop a clinical trial to enhance an evidenced-based trauma intervention to include substance abuse prevention for middle school youth. Dr. Berger Cardoso also works with several humanitarian organizations in the Houston area that focus on providing legal and mental health services to immigrants, unaccompanied minor youth, and refugees that have experienced trauma. She has served as an expert witness in gender-based violence and child trauma cases. Recently, at the invitation of Houston Mayor Sylvester Turner, Dr. Berger Cardoso joined The Welcoming Houston Task Force, a new initiative that aims to enhance inclusion and lasting economic integration of immigrants through public policy and community-based initiatives.

Abstract:

Experiences of state-sponsored violence and structural inequalities in Central America, high numbers of homicide and extortion, and a desire to reunify with family, were critical factors in the more than 65,000 unaccompanied migrant youth (UMY) traveling to the U.S. without a parent in 2014 (Rosenblum, 2015). Although the Office of Refugee Resettlement placed over 95,000 unaccompanied children with an adult sponsor from 2013-2015, we know little about the integration of these children in families, schools, and communities. The current study implemented a concurrent, parallel mixed methods research design, whereby we collected quantitative (a short survey) and qualitative (focus groups) data simultaneously to: (a) explore traumatic exposure at the pre-migration, migration and post-migration stages, and (b) identify post-migration integration stressors (i.e. mental health, family, school). All youth (N = 30) were recruited from middle and high schools in the summer, 2016. Results revealed that UMYs faced extreme adversity and exposure to trauma. More than half of the sample met the criteria for posttraumatic stress disorder (56.7%), one-third of the sample met the criteria for Major Depressive Disorder (30%), and 30% reported suicidal ideation in the past year. While most youth in the study reported no or infrequent substance use, they reported exposure to multiple substances, and that if they wanted, these substances were easily obtained. Although a protective factor against substance use is school engagement, only 43% of youth reported they had someone to help them with their homework and 27% reported they sometimes depend on an adult at school. Qualitative findings also reveal that UMYs faced hardship in their countries of origin as well as in the U.S. Gender and community violence in their countries of origin and challenges with family, school and community integration in the United States were main themes from the data. This is the first known study to highlight the experiences of UMYs and the finding reveal extreme challenges related to mental health and integration in the United States. They live in limbo, experiencing fear of being returned to where they may be killed, as well as grief and trauma symptoms related to their migration and family reunification. Yet, because youth are not considered refugees, they are not eligible for social services. The high PTSD and depression in the sample, as well as stress in the U.S. are risk factors that should be addressed in school and community mental health programs.

Parenting Intervention for Diverse Populations from Socioeconomically Disadvantaged Communities: Applying Research Findings to Service Provision

Esther Calzada, PhD



Dr. Esther Calzada, is an associate professor in the School of Social Work at the University of Texas at Austin, and a faculty affiliate in the Department of Population Health at the NYU School of Medicine. Her major research interests include the role of culture in family processes, the prevention of mental health problems in children from ethnic minority populations, and the cultural adaptation of evidence-based mental health treatments, particularly parents training programs. Her work aims to synthesize innovation preventive intervention practices with cultural theory to serve all families of color, particularly Latinos. Dr. Calzada is currently the principal investigator of an NICHD R01/IES R305 to study the family and school contexts of Latino children as they transition to school. This ongoing, longitudinal study will examine risk and protective factors critical to early developmental trajectories. She also serves as co-investigator for “Parents Corps”, a prevention program in public schools to promote socioemotional and academic competencies in preschoolers from underserved communities.

Abstract:

Parenting interventions are considered a gold-standard approach to the prevention and treatment of many childhood mental health problems. In ideal circumstances, parenting interventions support caregivers in using strategies to improve their relationship with their child and to effectively manage their child’s behavior. In real-world settings, and particularly in disadvantaged communities where there is the highest need for supportive services, however, high-quality implementation of parenting interventions presents many challenges; as a result, service access and utilization are often low. This presentation will review current research on parenting interventions, including key components of efficacious programs and impact on child functioning, followed by a review of common barriers related to program implementation with parents from diverse groups and particularly those living in socioeconomic disadvantage. Drawing on the cultural adaptation literature, this presentation will conclude with concrete suggestions for how to better serve diverse families, with special consideration for contextual and cultural issues.

Recovery Processes for Latino Immigrants; Multiple Perspectives

Haner Hernandez, PhD / Sasha McLean, LMFT, LPC / Mr. Emilio Parker



Dr. Haner Hernández, earned a Bachelor of Science in Human Services from Springfield College and a Master of Education with concentrations in Counseling Psychology and Addiction Studies from Cambridge College in Massachusetts. His doctoral degree was earned at the School of Public Health and Health Sciences at the University of Massachusetts, Amherst. His major was Community Health Education and his minor was Social Justice Education. He is currently a Senior Consultant to the Massachusetts Department of Public Health Bureau of Substance Abuse Services. Dr. Hernández serves on the Board of Directors of the Massachusetts Board for Voluntary Certification of Drug and Alcohol Counselors and the Massachusetts Organization for Addiction recovery (MOAR). Dr. Hernández serves as faculty at the New England School of Addiction Studies since 1998. Haner is a person in long-term recovery from addiction and is committed to eliminating health disparities by working at the national, state, and local levels.

Sasha McLean is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist in Houston Texas. She is the Executive Director of Archway Academy, a high school for teens in recovery from substance use disorders and other co-occurring issues. Archway Academy is currently the largest recovery high school in the nation and a leader in research and program development. Sasha is also the Board Chairman for the National Association of Recovery Schools. Prior to Archway, Sasha was the Director of The High Road at The Council on Alcohol and Drugs Houston where she ran the Alternative Peer Group and Intensive Outpatient program. She has participated in several documentaries and been featured in local and national news stories. Sasha and Archway Academy were most recently featured in the independent documentary film GENERATION FOUND by filmmaker Greg Williams. Sasha is a sought-after presenter and speaks nationwide about addiction, recovery schools, teen development, failure to launch and media influences on youth.

Day Two Panel Presentation

Emilio Parker, uses his extensive skills as a recovery coach together with his personal experiences to help released felons get sober and find the way out of the criminal world and into healthy lives. A former gang member and convicted felon, Mr. Parker has spent much of his adult life in prison. Now sober and living a life of service, Mr. Parker reaches out to those who have been where he was, serving as an example of the hope for a new direction in life hope that many released felons simple do not have. His work with Unlimited Visions provides ex-offenders with job skills and recovery support, aimed at redirecting their lives and reducing recidivism.

Mr. Parker has been instrumental in advocating for early release of nonviolent drug offenders who have shown good behavior while in prison. He has inspired his Senators to support reform in prison sentencing, and has demonstrated that most prisoners who are released to appropriate programs do not desire to continue a life of crime. "I can't say there won't be some inmates that will go back to the old lifestyle," he said. However, he is going to be there for those who do not. A 34-year-old father of four, Mr. Parker wants to be present for his children, and to use his past to create a new kind of future for himself, his family, and anyone else who is listening.

Abstract:

This panel will address issues related to recovery among Latinos from multiple perspectives including a Latino person in recovery, and a peer counselor. Throughout each presentation, culture, trauma, and acculturation, will be discussed including their possible interplay with substance use. Participants will have an opportunity to learn about possible barriers faced by Latinos in their recovery process (including language and cultural barriers), as well as strength values that may facilitate recovery processes for Latinos. Through personal account and professional experience, panelists will share information on effective interventions and programs for Latinos in recovery. Furthermore, panelists will provide recommendations regarding the implementation of culture-related values for recovery.



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May 1, 2017

Conference Participants,

All of the staff here at the South Southwest Addiction Technology Transfer Center (SSWATTC) are pleased to welcome you to the Immigration, Trauma, and Substance Use Symposium, sponsored by The National Hispanic and Latino ATTC, the SSWATTC, the University of Houston SSW, and many others. Much thought, experience, planning, and guidance of the Task Force, will result in what we believe to be a state of the art symposium experience.

This symposium is based on the fundamental assumption that Hispanic and Latino populations experience behavioral health service disparities. The symposium will benefit you as it promotes an understanding of these disparities in services to Hispanic populations, and relates the need for access to quality substance abuse treatment. Presentations will promote giving higher priority to the geographic areas, communities, service organizations and workforce members. In the process, the Symposium will also promote the achievement of system transformation. Disparities will be addressed through research, education and service models combined with science based knowledge in an educational structure and environment. Each presenter will incorporate the symposium's objectives in their presentations to ensure that you gain the knowledge expected of professionals in the behavioral health field.

We wish you a positive learning experience and hope you will be able to transfer that knowledge and experience to your work environment to improve services in the communities you serve.

Sincerely,

Philip Orrick and Richard Spence
Directors, South Southwest ATTC
The University of Texas/Austin
Center for Social Work Research



Enrollment Options

MSW Program Offers Face to Face,
Hybrid, and Online Instruction

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\$500K Kellogg Foundation Grant Funds
New Center for Latina Maternal and
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New \$1M Scholarship Endowment and
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For over 30 years, Houston Area Community Services and Bering Omega have worked to bring health services to an underserved population of Houston. And in November of 2016, Houston Area Community Services and Bering Omega merged to join forces under the new name Avenue 360 Health & Wellness.

The new name is a representation of a literal avenue—a path one takes to get to their destination. It is a point of access. Together, we guide our patients so they are able to reach better health outcomes and attain a better life. But individual paths are not linear and we provide a full range of services to promote a 360-degree approach to healthcare. No matter what path our patients are on, Avenue 360 is there to support them and give them the care they need.

Avenue 360 Health & Wellness offers a holistic solution for those seeking a medical home. The patient is the center of our model, giving our patients a collaborative choice for their healthcare needs. We care for the whole person, meaning that whether someone needs a diagnosis, a prescription for flu medicine, a stable place to live or a partner in wellness Avenue 360 Health & Wellness is there. Our whole community approach means that everyone is served, from families needing a primary care doctor to those who want to spend their last days in dignity. We represent that “We’re all in this together,” spirit.

<https://avenue360.org>



Teen and Family Services is committed to providing your teen and entire family the tools, skills and knowledge to deal with substance abuse problems in a holistic way. We focus on fostering success that will continue after families graduate from our program and provide guidance and strength that will remain with you for a lifetime. At TAFS our goal is to help your teen have: continued abstinence, increased empathy, consistency in relationships, help leading a life of fulfillment and success, and improved communication.

<http://houston.teenandfamilyservices.org>



AAMA has been in the East End of Houston, Texas for over 45 years. Each client AAMA serves has access to culturally and linguistically appropriate wraparound services. AAMA’s structure consists of 3 departments: a Charter School, 6th - 12th grade, a Prevention and Counseling department and an Adult Education department.

AAMA - Sanchez Charter School established innovative programming as an option to traditional independent school districts. The charter school also includes a nationally accredited early childhood center through the National Association for the Education of Young Children, a Four-Star Texas Rising Star center for enrolled teen parents.

AAMA is one of the largest providers of alcohol and substance use prevention and treatment in Texas. Our Prevention and Counseling programs help youth and adults break the cycle of addiction, prevent infectious diseases and change the trajectory of their lives. Programs include in-school prevention education for elementary students, residential treatment for teens, outpatient treatment for teens and adults and HIV outreach and case management.

www.aama.org

LATINO SOCIAL WORKERS of Greater Houston NETWORK

The Latino Social Workers of Greater Houston Network is a professional organization focused on the advancement and support of Latino Social Workers to create a legacy of service to the Latino community through advocacy, empowerment, and collaboration. Our vision is Nurturing, Honoring and Celebrating the Latino Social Worker. We value service to our community, professional growth and leadership, recruitment and retention of Latino Social Worker and Professional connections, networking, and mentorship.

lswghouston@gmail.com

For over 70 years, The Council on Recovery has inspired and guided Houstonians with the tools to achieve lasting recovery. We design a path of freedom from alcohol, drugs, and other related issues that works where others fail. We also educate, treat, and support the entire family—not just the individual—so everyone can heal. The light of hope, healing, and recovery illuminates all that we do.

As Houston's largest non-profit provider of prevention, education, treatment, and recovery services, The Council helps not only individuals and families, but our whole community as well. Our Center for Recovering Families provides outpatient counseling, treatment, and support to individuals and families who want to recover. At the same time, our Community Programs are at work throughout the Greater Houston area providing prevention, education, and counseling services in schools, workplaces, community centers, and mental health facilities.

www.councilonrecovery.org

Archway Academy was established in 2003 by concerned parents and adolescent addiction recovery experts who recognized the need for a school that was dedicated to supporting teens in recovery from drug and alcohol abuse or dependency. Archway is an official Recovery High School, meeting all membership criteria for the national Association of Recovery Schools (ARS). Located on the campus of Palmer Memorial Episcopal Church, Archway is an independent, non-profit 501(c)(3) organization. We aim to create a community of diversity, compassion and mutual respect. Archway is not affiliated with any religious organization but is spiritual in nature, following the 12-step recovery model.

Archway enjoys an important funding and academic partnership with Southwest Schools, which provides our teaching staff and curriculum. Southwest Schools is a State Charter School governed by the Texas Education Agency (TEA) and is proud to be considered a school of excellence for diverse learners. Archway has a rolling admissions policy which allows students to enter at any time during the semester, and Southwest Schools' flexible curriculum enables students to catch up on coursework they may have missed prior to admission.

<http://www.archwayacademy.net>



Health Fair Participants

- Arte Publico Press
- Association for the Advancement of Mexican Americans (AAMA)
- Avenue 360 Health and Wellness
- Catholic Charities: St. Frances Cabrini Center for Immigration Legal Assistance
- Cenikor
- Center for Recovery Community Family Centers
- Council on Recovery
- DePelchin
- El Centro de Corazon
- Gateway to Care
- Harris County Public Health Environmental Services (HCPHES)
- Harris Health System
- Latino Social Workers of Greater Houston
- Legacy
- Multicultural Education and Counseling through the Arts
- Phoenix House
- Refugee and Immigrant Center for Education and Legal Services
- San Jose Clinic
- Smart Cougars
- Talento Bilingue de Houston – HOLA (Houston Organization of Local Artists)
- Teen and Family Services
- Thinking Girls Boutique
- U of H Wellness
- United we Dream
- University of Texas Austin
- UT Health
- UT Health Trauma and Grief Center for Youth



Special Acknowledgement

Luis Torres, PhD



The National Hispanic and Latino ATTC would like to acknowledge **Dr. Luis Torres** for his dedication, and commitment in completing this project. Dr. Torres has been a long-time collaborator of the National Hispanic and Latino ATTC as well as a pioneer in research on co-occurring disorders and medical disorders among Hispanic and Latino populations in the United States. From the Center's inception, Dr. Torres has been instrumental as a member of the Panel of Experts, and has always been available to share his experiences and knowledge. His genuineness and openness distinguish him as a person and translate into his professional work. We are truly grateful for his friendship and support during the past years and recognize his valuable contributions.

Dr. Luis Torres is the Associate Dean of Research and Strategic Partnerships at the University of Houston Graduate College of Social Work. His work focuses on health disparities, specifically co-occurring mental health, substance use and medical disorders (such as HIV). He also focuses on community and family strengthening efforts, with a particular focus on Hispanics. Dr. Torres received his doctorate in Clinical Psychology from Fordham University in the Bronx, New York and completed a NIDA sponsored post-doctoral fellowship at Washington University in St. Louis. He has been a faculty member of the University of Houston Graduate College of Social Work since 2009 and has served as Principal Investigator for multiple NIDA and SAMHSA grants focusing on substance abuse and mental health. Dr. Torres is an exceptional leader, educator and mentor, and has used his extensive clinical practice experience to inform his research and community engagement efforts. Dr. Torres actively engages in teaching, research, shared governance, and community service, and thoughtfully integrates these pillars of academia into his efforts to achieve social, racial, economic and political justice for Houston's underserved communities.

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