



# BIENVENIDO

January 2005

## **Northeastern Center Inc.**

### ***Bienvenido Acculturation Program Objectives***

- *Present topics related to mental health to achieve a better adjustment to the community.*
- *Provide life skill training to improve the new immigrant life transition.*
- *Allow individuals to identify, vent, and process feelings related to a new life in another country.*

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## ***Bienvenido Acculturation Program News***

This newsletter goes out to a wonderful and varied group of people, mostly within Northeast Indiana. Some of you are closely connected to Northeastern Center. For others, even the name Northeastern Center or Bienvenido Acculturation has little significance but somehow you've become part of the network receiving this newsletter because of your interest in issues that effect Latinos. Regardless of how you made it on our list we welcome you and hope you find the newsletter informative and helpful in your work with Latinos in your community.

In our first newsletter we introduced the acculturation program and the launching of our Bienvenido Facilitator Training Program. Also, we highlighted briefly how the network of facilitators works. We received your comments either through email or personal contact. We appreciate your feedback and hope to continue bringing you vital information for you and your community regarding the Latino community regarding the acculturation process.

The implementation process of the Bienvenido Acculturation Program continues to move forward in Northeast Indiana. Currently, the program is being conducted at Northeastern Center (NEC) Ligonier Outpatient Office, Elkhart Community School, Pierre Moran, and at LEAP, Inc., of Noble County in Ligonier, IN. Center for Nonviolence in Fort Wayne who participated in our July training has informed us they will look to begin an acculturation class in January 2005. Waterford Mennonite Church in Goshen, IN is in conversation with Waterford Elementary personnel about beginning the acculturation program with parents of Latino elementary students. Also, West Noble High School has informed us they will begin the acculturation classes with their students in 2005. We are excited that community agencies and schools are implementing the program with their community members and students.

In 2005 our goal is to continue providing Latino immigrants an opportunity to share their migration experience through dialogue and empowerment exercises that moves them closer to obtaining personal and social change. NEC continues to remain committed to providing a caring and supportive environment where Latino immigrants can achieve their full potential, give and receive respect, develop personal responsibility and self-determination. Our hope is that you will make this your goal in your community and neighborhood.

***-Gilberto Pérez Jr., ACSW  
Team Leader***

## People News

**Frank Pizaña** comes to us from Drug Free Noble County where he served as program coordinator for several prevention programs for children and adolescents. Frank brings to NEC a great deal of knowledge regarding the acculturation process. Frank is from Aguascalientes, Mexico and we believe he will help participants of the acculturation classes have a better understanding of adjusting to a new country and community. We are excited to have Frank on board. Welcome Frank!

## Publication News

NEC is excited to report that the Bienvenido Acculturation Program was featured in the Journal of Rural Mental Health, Winter 2005 issue. We are honored to have been selected to share partnering strategies utilized in the implementation process of the acculturation program between NEC, LEAP, Inc., and the Celebrate Diversity Project of Noble County, IN.

## Recent Bienvenido Facilitator Trainings:

### July 22-23, 2004 – Fort Wayne, IN

Center for Nonviolence, Fort Wayne, IN, and Mennonite Central Committee, Akron, PA participated in our two day training for Bienvenido Facilitators.

### December 1-2, 2004 – Indianapolis, IN

Mental Health Association of Marion County, Cummins Community Behavioral Health Systems, Garden City Schools and Indiana Association for Child Care Resource and Referral participated in our two day training for Bienvenido Facilitators.

If you are interested in hosting a facilitator training in your community, please feel free to contact Gilberto Pérez at 260-894-7179 or [gperez@northeasterncenter.org](mailto:gperez@northeasterncenter.org)

## NEC and Goshen College Partnership

Facilitators who are trained in the acculturation program are asked to help NEC in a research project that seeks to measure how well participants identify with their ethnic group and how much contact they have with other ethnic groups. The surveys: **Contact Scale and Multi Ethnic Identity Measure** were developed by Wagner and Phinney.

The initial findings provided in the next section are from the first group of students who participated in the acculturation program at Ligonier Elementary in 2003. The questionnaires were tabulated by three Goshen College Social Work students: Gale Hess, Katie Hochstedler, Andrea Milne. A special thanks to Goshen College Social Work Education professors Bob Birkey, Ph.D., and Carol Jarvis, LCSW who identified the students and helped interpret the data. Because of the small size of the data set, we cannot assume the validity of the data analysis. In future surveys we will look to have a larger pool of respondents thus enhancing validity.

## Initial Findings Contact Scale, Wagner, U.

The **contact scale** asks how much contact the person has with people of other ethnic groups: general measure of contact, how important contact with people of other ethnic groups is, and how intense the contact is with people of other ethnic groups. The five areas are school, family, neighborhood, friends, and sports activities.

Contact with people of other ethnic groups in: <b>N = 27.</b>	None/sometimes	Often/very often
School/work	11.54%	<b>88.46%</b>
Family/relatives	29.63%	<b>70.37%</b>
Neighborhood	33.33%	<b>66.66%</b>
Friends	37.04%	<b>62.96%</b>
Sports activities	65.22%	34.78%

Of these five areas, more contact was shown in school, family, neighborhood, and friends.

## Contact with other ethnic group

General contact - 52%  
Importance of contact – 96%  
Intensity of contact - 44%

The responses for general contact, importance of contact, and intensity of contact showed that respondents have some contact with people of other ethnic groups, the contact is somewhat intense, but respondents feel that **contact with people of other ethnic groups is very important.**

## Initial Findings Multi-Ethnic Identity Measure Phinney, J.

The survey covered ethnic identity search and affirmation/belonging/commitment. **N = 30**

### Questions:

1. Have spent time learning about my culture: **45%**
2. I am active in organizations mostly members of my own ethnic group: **52%**
3. Strong belonging to my ethnic group: **68%**
4. I talk about my ethnic background with others: **64%**
5. I feel strong attachment towards my ethnic group: **67%**

In tallying responses it is clear that respondents were highly weighted towards “agreement.”

### Participants:

Females accounted for **60%** (N = 15)  
Males accounted for **40%** (N = 10)  
Four respondents chose not to give gender  
Age groups: 20-40; one respondent 40-45 age group  
Education: high school – **47%**, 6<sup>th</sup> grade – **18%**,  
College/University – **12%**, Vocational – **6%**.

## Latino Behavioral Health Summit 2005

**Come and join us in Northeast Indiana!** Northeastern Center, Inc., a community mental health center, Goshen College Social Work Education Program, Celebrate Diversity Project, and Drug-Free Noble County are hosting a Latino Behavioral Health Summit in **November 2-3, 2005 at Pokagon State Park** in Angola, IN. Northeastern Center and its community partners have taken the lead to create a forum where behavioral health clinicians, social workers, advocates, religious leaders, social service organizations, educators, public officials, psychologists, college students, and grass root leaders can come together and learn effective strategies that will build a more sustainable Latino community.

The theme of the 1<sup>st</sup> Latino Behavioral Health Summit, **“Building Sustainable Behavioral Health Initiatives in the Latino Community,”** is a fitting one for all sectors of the community. Our conference is an attempt to facilitate awareness of existing behavioral health initiatives and breaking down of service barriers. We invite you to come and share your success stories and concerns in providing appropriate behavioral health services and prevention programs to Latinos in Northeast Indiana. We are excited to report that our keynote speaker will be Dr. Sergio Aguilar-Gaxiola, M.D., California State University. Also, we have received co-sponsor support from the **National Latino Behavioral Health Association and National Association of Social Workers – Indiana Chapter.**

### Summit goals:

**Goal - Increase knowledge and understanding of culturally appropriate behavioral health services for Latinos.**

**Goal - Increase linkages among the Latino community and community social service agencies in order to decrease barriers to service delivery.**

### Call for papers/Who should submit proposals?

Researchers, scholars, educators conducting prevention programs for Latinos in the school setting, community organizations, existing community networks, behavioral health practitioners, psychologists, social work students, psychology students, religious leaders, social service providers, substance abuse providers, and criminal justice professionals are invited to submit proposals for presentations.

### How do I submit a proposal?

If you would like for us to review your proposal and consider you as a presenter for the Latino Behavioral Health Summit, visit our website at [www.northeasterncenter.org](http://www.northeasterncenter.org) and download our call for paper forms or write Gilberto Pérez at [gperez@northeasterncenter.org](mailto:gperez@northeasterncenter.org) or call us at 260-894-7179.

## Immigration and Lifetime Prevalence of DSM-IV Psychiatric Disorders Among Mexican Americans and Non-Hispanic Whites in the United States

### Results From the National Epidemiologic Survey on Alcohol and Related Conditions

Bridget F. Grant, PhD, PhD; Frederick S. Stinson, PhD; Deborah S. Hasin, PhD; Deborah A. Dawson, PhD; S. Patricia Chou, PhD; Karyn Anderson, PhD

*Arch Gen Psychiatry.* 2004;61:1226-1233.

**Background** There exist no national prevalence data on specific *DSM-IV* Axis I psychiatric disorders among foreign-born and US-born Mexican Americans and non-Hispanic whites.

**Objective** To present nationally representative data on the prevalence of *DSM-IV* lifetime psychiatric disorders among foreign-born and US-born Mexican Americans and non-Hispanic whites.

**Design** Face-to-face survey conducted in the 2001-2002 National Epidemiologic Survey on Alcohol and Related Conditions. **Setting** The United States and District of Columbia, including Alaska and Hawaii. **Participants** Household and group-quarters residents, aged 18 years and older ( $n = 43\,093$ ). **Main Outcome Measures** Prevalence of *DSM-IV* substance use disorders and mood and anxiety disorders.

**Results** With few exceptions, foreign-born Mexican Americans and foreign-born non-Hispanic whites were at significantly lower risk ( $P < .05$ ) of *DSM-IV* substance use and mood and anxiety disorders compared with their US-born counterparts. Although the risk of specific psychiatric disorders was similar between foreign-born Mexican Americans and foreign-born non-Hispanic whites, US-born Mexican Americans were at significantly lower risk ( $P < .05$ ) of psychiatric morbidity than US-born non-Hispanic whites.

**Conclusions** Data favoring foreign-born Mexican Americans with respect to mental health may extend to foreign-born non-Hispanic whites. Future research among foreign-born and US-born Mexican Americans and the foreign-born and US-born of other origins and descents is needed to understand what appears to be the protective effects of culture and the deleterious effects of acculturation on psychiatric morbidity in the United States.

**Please contact Gilberto Pérez or Frank Pizaña for further information at 260-894-7179. If you know of others who would like to receive the Bienvenido newsletter please encourage them to contact us with their address.**