Providing Peer Recovery Support Services to Latinx Communities: Resilience and Disparities

presented by

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Peer-based Recovery Support

- The process of giving and receiving non-professional, non-clinical assistance to achieve long-term recovery from alcohol and/or other drug-related problems.

- Provided by people who are experientially credentialed and certified through state boards and national certification entities.

- Delivered through a variety of organizational venues and a variety of service roles (including paid and volunteer recovery support specialists).

- The governance structures of P-BRS vary in the span and degree of peer control (for example, peer-owned, peer-directed, and peer-delivered).

White, 2009

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Peer Recovery Support

Type of Support	Description	Service Examples
Emotional	Demonstrate empathy, caring, or concern to bolster a person's self-esteem, hope and confidence	• Peer Mentoring • Recovery Coaching • Peer-led Support Groups
Informational	Share knowledge and information and/or provide life or vocational skills training	• Parenting class • Job readiness training • Wellness seminars
Instrumental	Provide concrete assistance to help others accomplish tasks that are connected to (re)building their life in their community	• Child Care • Transportation • Help accessing community health and social services • Housing Supports
Affiliational	Facilitate contact with other individuals to promote learning of social and recreational skills, create community, and acquire a sense of belonging	• Recovery centers • Alcohol and drug free socialization opportunities

Source: What are Peer Recovery Support Services? (SAMHSA, 2009), https://store.samhsa.gov/system/files/sma09-4454.pdf

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Recovery

- SAMHSA (2011) defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

- Recovery is built on access to evidence-based recovery support services and/or clinical treatment for all populations.

- There are several aspects to this process of change including health, home, purpose, and community.

Recovery Process of Change

- **Health**: Overcoming or managing one's disease(s) or symptoms— for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.

- **Home**: A stable and safe place to live.

- **Purpose**: Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.

- **Community**: Relationships and social networks that provide support, friendship, love, and hope.

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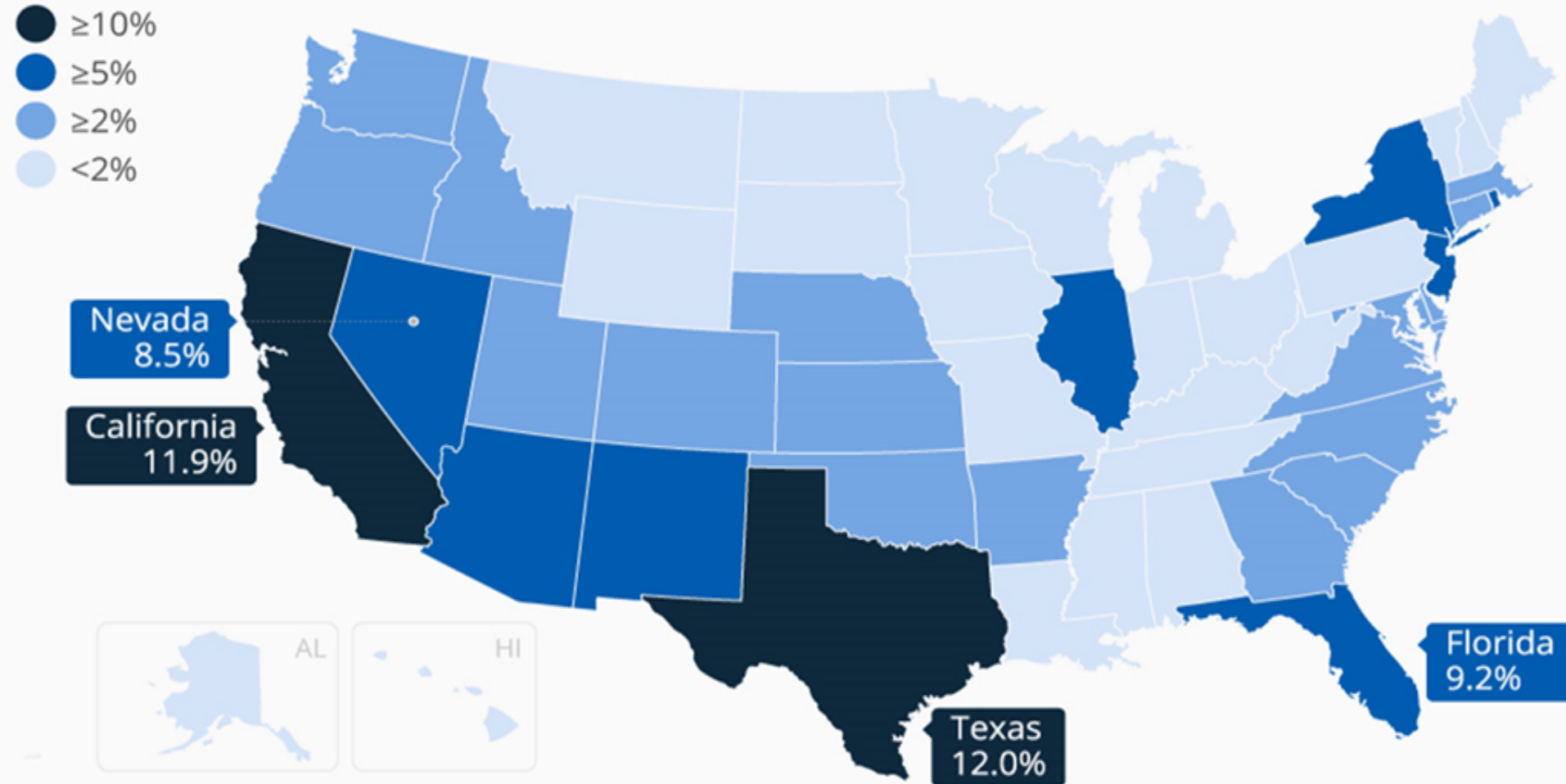
Disparities and Protective Cultural Values

- Latinx communities face disparities in regards to the aspects of change.

- Disparity is important to discuss because, as resource brokers, peer recovery support specialists providing support to Latinx people can serve to leverage their knowledge in an attempt to counteract these disparities and connect them with agencies and services that are sensitive to cultural needs.

- Latinx cultural values can serve both as protective factors and strengths that help to initiate and maintain recovery.

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Health

- **Health Disparities-** According to the CDC in 2001, Hispanics of all races experienced more age-adjusted years of potential life lost before age 75 years per 100,000 population than non-Hispanic whites for the following causes of death: stroke, chronic liver disease and cirrhosis, diabetes, HIV, and homicide.

- **Language**- Spanish linguistic proficiency in service providers is associated with initial engagement and treatment outcomes among Spanish-speaking Latinx people accessing health services.

Iwashita et al., 2008, Santiago-Rivera et al., 2009

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Where Spanish Speakers Live in the U.S.

Share of people who speak Spanish at home and said they spoke English "less than very well"

Legend:
- ● ≥10%
- ● ≥5%
- ● ≥2%
- ● <2%

Nevada 8.5%

California 11.9%

Texas 12.0%

Florida 9.2%

AL

HI

Population 5 years and older, 2017 estimates (latest available)
Sources: American Community Survey, Census Bureau

statista

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Poll Question

- Does the agency in which you provide services have an adequate amount of Spanish speaking providers across all levels who are proficient in the language?

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Health

Stigma

- Affects an individual's willingness to seek help for mental health and substance use disorders.

- Latinos are less likely to seek mental health care and three times more likely to terminate mental health treatment prematurely.

- Research indicates that stigma is one of the greatest obstacles in the treatment of mental health or substance use disorders, and has consistently been demonstrated to be correlated with less favorable help seeking attitudes.

Cabassa et al., 2006, Olfson et al., 2009, Mendoza, H., Masuda, A., & Swartout, K. M. , 2015

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Home

- Latinx populations also face disparities in being able to afford safe and stable housing which can impact recovery.

- **Racial discrimination** in real estate, lending practices, and federal housing policy have made homeownership difficult to obtain for minorities.

- Despite the importance of quality, affordable housing in growing strong, stable communities, more than half of Latinx renters and homeowners struggle to meet housing costs.

- **Immigration Status** – hindered parental involvement is a risk factor for substance use among adolescents in families with undocumented members.

https://reports.nlihc.org/gap, https://www.latinopolicyforum.org/issues/housin, http://www.p ewresearch.org/fact-tank/2018/12/03/what-we-know-about-illegal-immigration-from-mexico)

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Poll Question

- Have you provided recovery support services or other kinds of services to individuals or families affected by immigration or documentation issues?

Purpose

- **Poverty**- Hispanics were more than twice as likely to be poor than non-Hispanic whites.

- **Incarceration**- Latinx people are incarcerated at a rate about 2 times higher than non-Latinx whites.

- **Machismo**- typically refers to a constellation of ideological and behavioral traits exhibited and valued by Latino men.

- Being *machista* is associated with being the providers, protectors, and defenders of the family.

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Orrenius & Zavodny, M, 2011, https://www.prisonpolicy.org/racialgeography/report.html, Quintero & Estrada, 1998, Mendoza et al., 2015

Community

- **Familismo or Familism**- an important cultural value among Latinx people, is the normative belief that the family is central to the individual and that family has important obligations in regards to the provision of material, financial, and emotional support for both immediate and extended family members.

- This phenomena has been found to be protective against maladaptive behaviors that may result from stress and the acculturation process.

- **Family support**, an important component of familism, is protective against substance use disorder, violence, HIV, and depression.

Ayón, Marsiglia, & Bermudez-Parsai, 2010; Sabogal, Marín, Otero-Sabogal, Marín, & Perez-Stable, 1987. Gonzalez-Guarda, 2016

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Poll Question

- Do you utilize cultural values in your provision of services?

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Guiding Principles of Recovery SAHMSA 2012

- **Hope**- The belief that people do recover and that change is possible. Maintain an optimistic attitude.

- **Person-Driven**- Self-determination and self-direction are the foundations for recovery.

- **Many Pathways**- Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds—including trauma experience.

- **Holistic**- Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

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Guiding Principles of Recovery SAHMSA 2012

- **Peer Support**- Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.

- **Relational**- An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

- **Strengths/Responsibility**- Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery.

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Guiding Principles of Recovery SAHMSA 2012

- **Culture**- Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person's journey and unique pathway to recovery.

- **Address Trauma**- The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues.

- **Respect**- Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and eliminating discrimination.

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Culturally-Competent Peer Recovery Support Specialists

- Know they always have more to learn about other subcultures and groups,

- Are willing to identify and work through their own biases and prejudices,

- Are willing to recognize and change their intentional and unintentional discriminatory behavior,

- Are comfortable with cultural and other differences between themselves and peers,

adapted from Hernandez & LaFromboise, 1985; Ponterotto et al., 1996

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Culturally-Competent Peer Recovery Support Specialists

- Communicate appropriately using verbal and non-verbal strategies;

- See peers' strengths and problems within the context of their culture, age, gender, sexual orientation and other characteristics;

- Accept culturally indigenous forms of treatment when peers talk about them or want to use them;

- And identify barriers that may prevent diverse people from using peer supports and self-help.

adapted from Hernandez & LaFromboise, 1985; Ponterotto et al., 1996

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Recovery is Possible!
Si se puede!
Questions?

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