

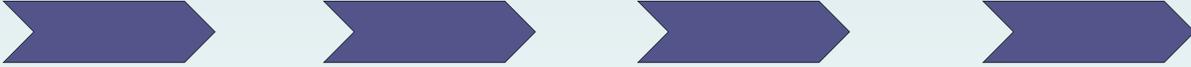
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## Background

- ❑ Latinx children in the United States are at increased risk for behavioral health disorders stemming from poverty, exposure to trauma, and discrimination [1]
  - ❑ These children experience greater disparities in health care access and quality than their Caucasian counterparts, with disparities often stemming from their guardians' limited English proficiency [2]
  - ❑ There is a shortage of bilingual and bicultural mental health providers, causing difficulty for guardians to engage in health care [3]
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- ❑ As a result, pediatric mental health disorders are often left insufficiently treated [3]

## Case Report

- ❑ An 8-year-old Latinx male without significant PMHx presented for psychiatric evaluation after exhibiting signs of irritability, disruption, and hyperactivity, destructive behavior, and self-harm at home and school
  - ❑ Interviewing revealed he was having nightmares and flashbacks related to witnessing his mother's domestic abuse
  - ❑ Patient was diagnosed with ADHD and PTSD, started on a regimen of Clonidine and Adderall, and referred for trauma-informed therapy
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- ❑ 6 months later the patient's symptoms persisted with new suicidal ideation. He had not been consistent with therapy.
  - ❑ Over another 6 months, the patient's symptoms cycled. He had not been able to start therapy because multiple therapists were unable to engage with his mother due to lack of Spanish language proficiency
  - ❑ Referral was placed for the patient to receive therapy through a local Federally Qualified Health Center (FQHC) that focuses on Spanish-speaking and Latinx-identifying communities and to undergo neuropsychological testing with a Spanish-speaking and Latinx psychologist

## Discussion

- ❑ Case illustrates the importance of adopting framework of cultural humility in behavioral health delivery
- ❑ Care delivered in the patient's or their guardian's primary spoken language by someone whom the patient can culturally identify with has been shown to increase patient engagement with therapy



## References

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- ❑ 2. Flores G, Fuentes-Afflick E, Barbot O, Carter-Pokras O, Claudio L, Lara M, McLaurin JA, Pachter L, Ramos-Gomez FJ, Mendoza F, Valdez RB, Villarruel AM, Zambrana RE, Greenberg R, Weitzman M. The health of Latino children: urgent priorities, unanswered questions, and a research agenda. *JAMA*. 2002 Jul 3;288(1):82-90. doi: 10.1001/jama.288.1.82.
- ❑ 3. Kim G, Aguado Loi CX, Chiriboga DA, Jang Y, Parmelee P, Allen RS. Limited English proficiency as a barrier to mental health service use: a study of Latino and Asian immigrants with psychiatric disorders. *J Psychiatr Res*. 2011 Jan;45(1):104-10. doi: 10.1016/j.jpsychires.2010.04.031.