



CHILDHOOD ADVERSITY AND RESILIENCY:

UNDERSTANDING THE LATINX CHILDHOOD EXPERIENCE OF TODAY

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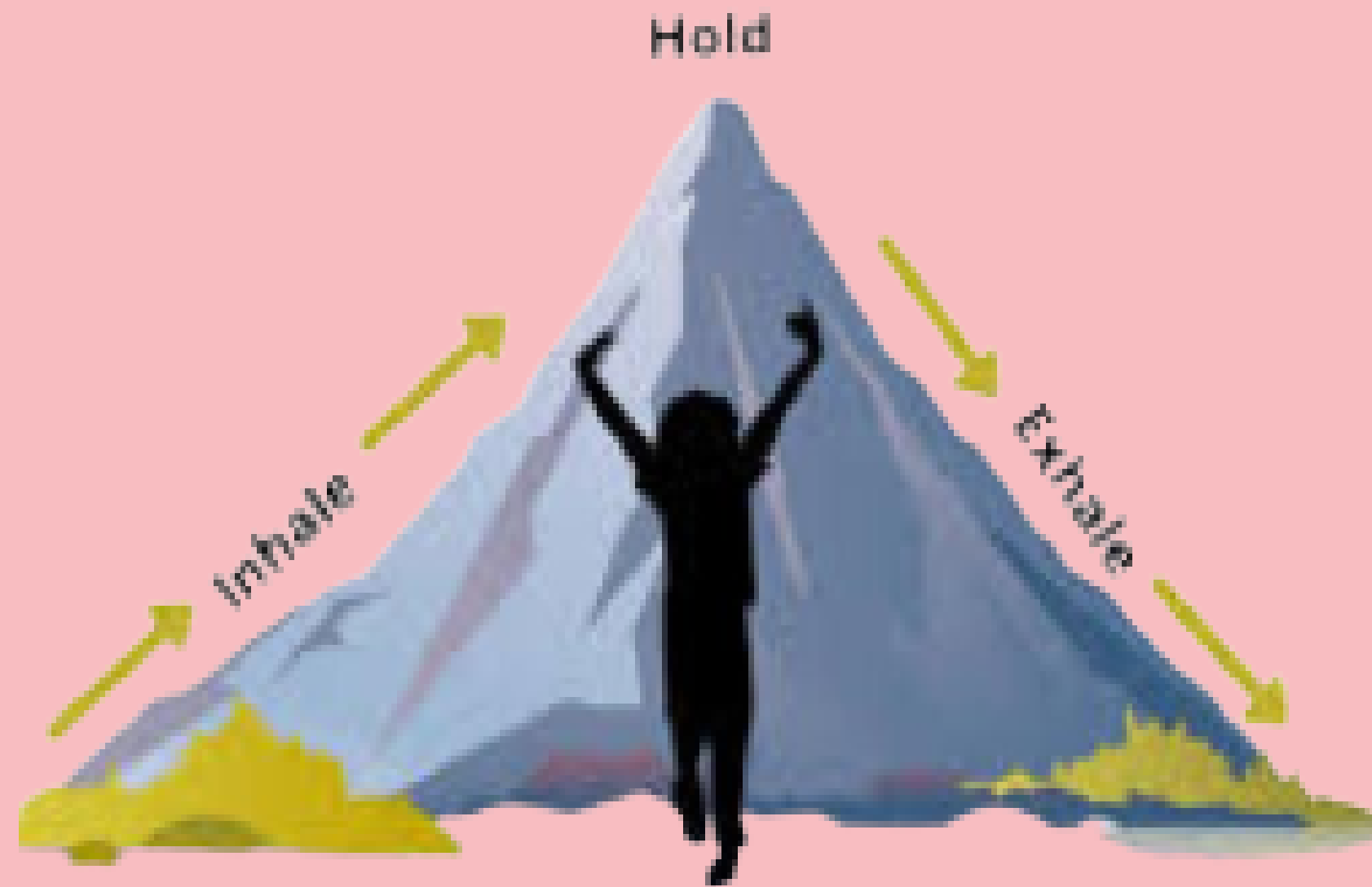
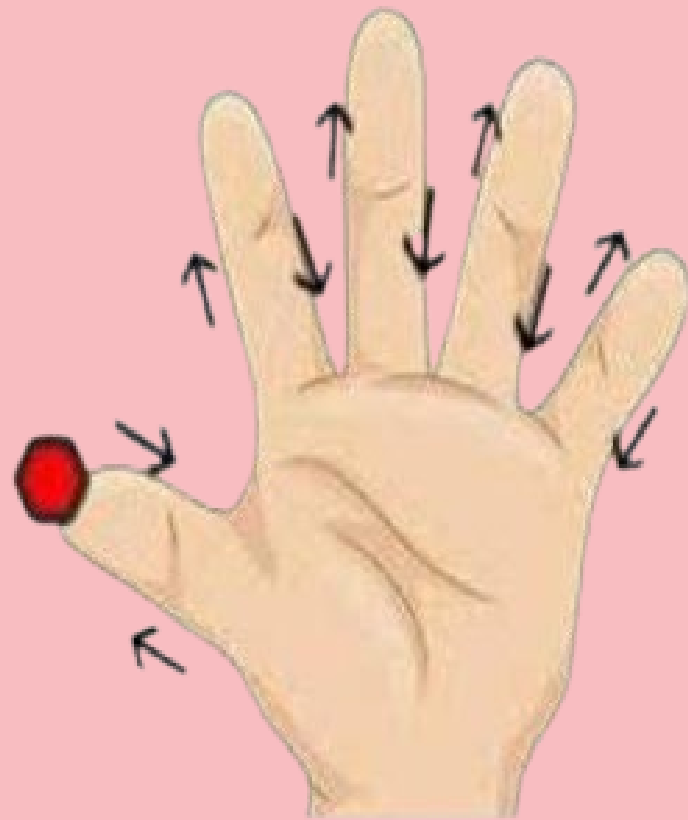
NJ Certified School Counselor



BEFORE WE BEGIN

MOMENT OF GRATITUDE

MINDFUL MINUTE



MOUNTAIN BREATHING



SAFE PLACE

Safe



AGENDA

The purpose of today's webinar includes:

01

The Impact of Stress

Discuss the short and long term effects of stress and trauma on children.

02

Adverse Childhood Experiences

Understand and define Adverse Childhood Experiences (ACEs) and relationships to race, ethnicity and socioeconomic status.

03

Latinx Population

Become aware of cultural norms that serve as protective, resiliency based factors in the lives of Latinx children.

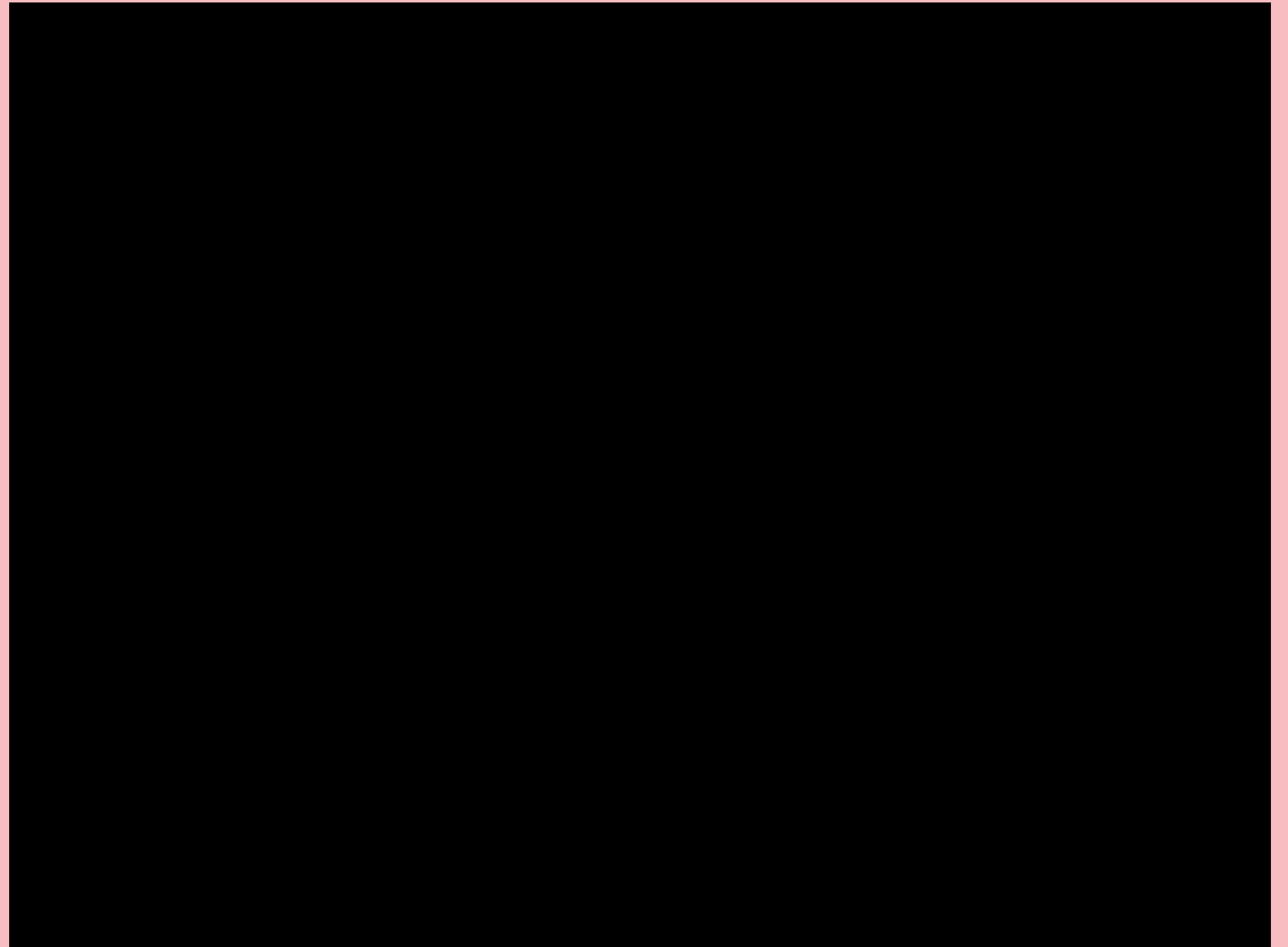
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Putting it All Together

Ensure that more adults who work with children and families know about ACEs, protective factors and are aware of available resources to provide needed support to our communities.

Understanding Stress in Children

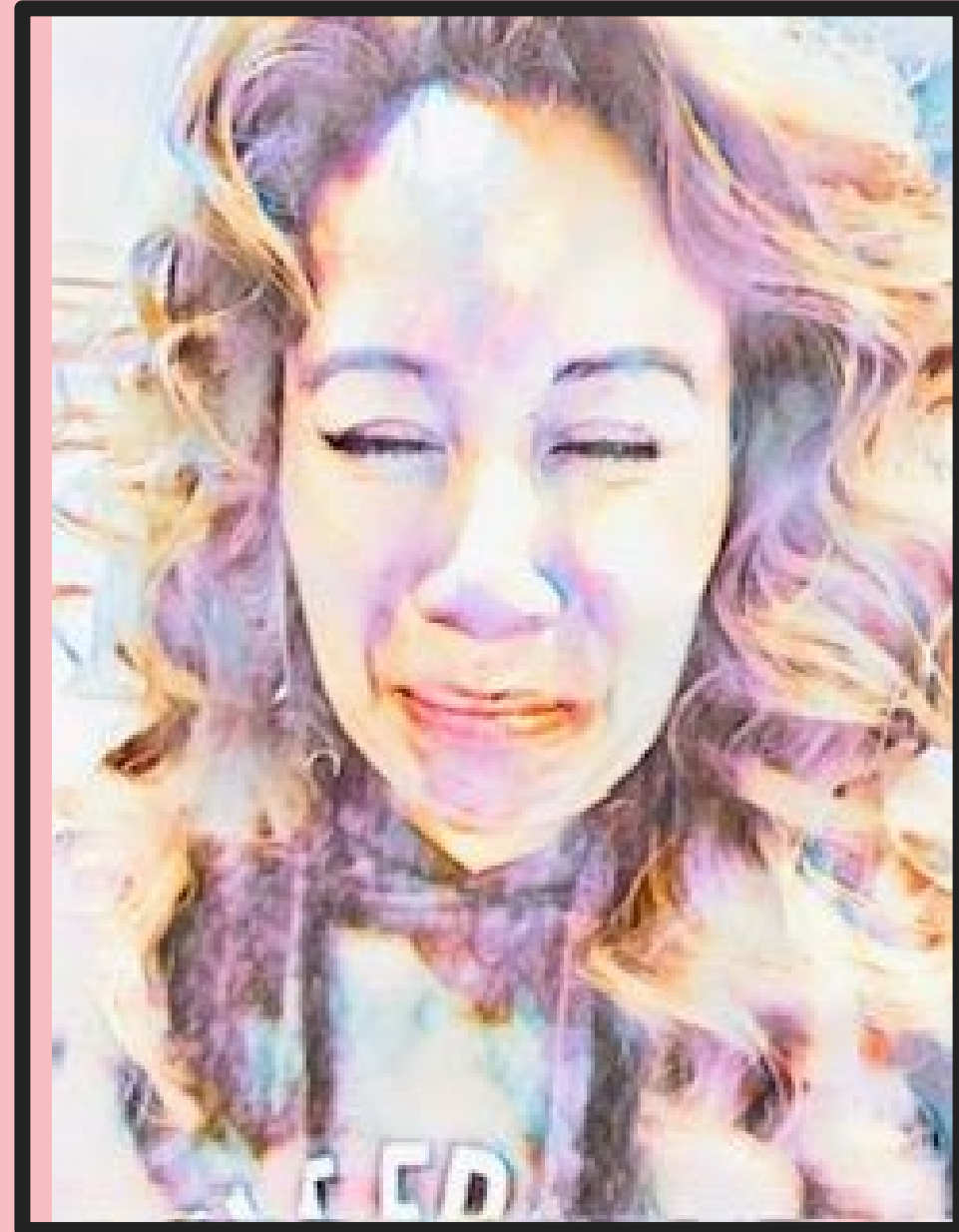
What is stress and how
does it impact
children?



LET'S PAUSE

HOW IS STRESS DISCUSSED IN YOUR SCHOOL?

Let's take a moment to discuss how stress is addressed in your school. Can you give examples of what's being done in your district/places of employment?



my very stressed face!

Toxic Stress of Children Living in Poverty

- Root Causes of Poverty
- Complex Trauma
- Fewer Resources



ADVERSE CHILDHOOD EXPERIENCES



From the CDC:

- Potentially traumatic events that occur in childhood.
- Can include violence, abuse, and growing up in a family with mental health or substance use problems.
- Toxic stress from ACEs can change brain development and affect how the body responds to stress.
- Are linked to chronic health problems, mental illness, and substance misuse in adulthood.

ACE Questionnaire for Adults

Prior to your 18th birthday:

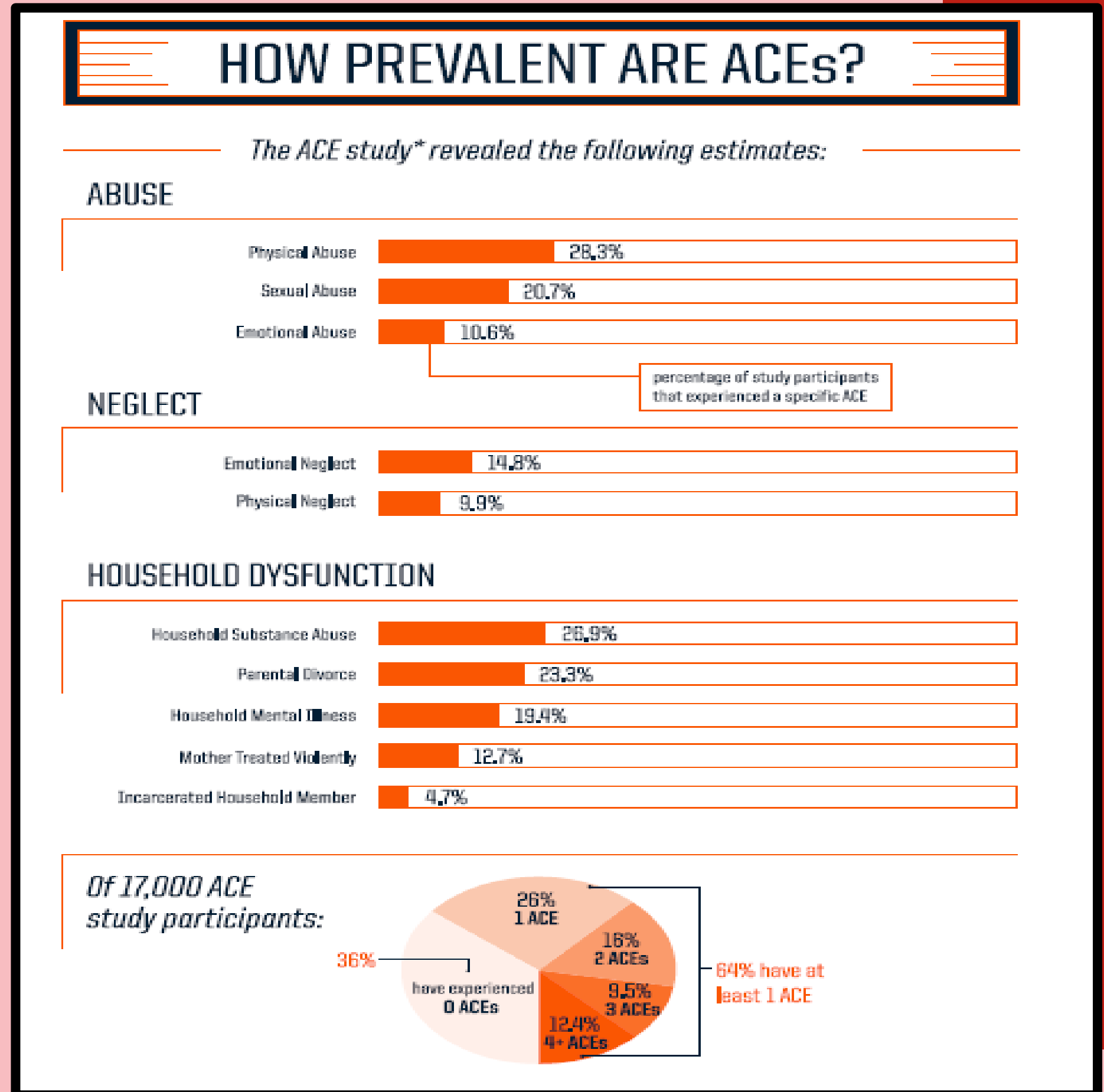
1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
No ___ If Yes, enter 1 ___
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
No ___ If Yes, enter 1 ___
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
No ___ If Yes, enter 1 ___
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
No ___ If Yes, enter 1 ___
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
No ___ If Yes, enter 1 ___
6. Were your parents ever separated or divorced?
No ___ If Yes, enter 1 ___
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
No ___ If Yes, enter 1 ___
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No ___ If Yes, enter 1 ___
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
No ___ If Yes, enter 1 ___
10. Did a household member go to prison?
No ___ If Yes, enter 1 ___

Now add up your "Yes" answers: ____ This is your ACE Score.

Background: Adverse Childhood Experiences (ACEs)

Groundbreaking Research

Dr Vincent Felitti,
Founder of the Department of
Preventive Medicine for Kaiser
Permanente



Background: Adverse Childhood Experiences

(ACEs) *con't*

INITIAL ACE FINDINGS:

Long Term Impact of Childhood Trauma

Having an ACE related to:

- Incarcerated relative,
- Mother treated violently,
- Substance abuse,
- Divorce/separation
- Abuse (physical, sexual, emotional)
- Neglect (physical, emotional)
- Household dysfunction, or
- Mental Illness

Is associated with being:

2.2 times as likely to attempt suicide

10.3 times as likely to inject drugs

7.4 times as likely to be an alcoholic

Background: Adverse Childhood Experiences (ACEs)*con't*

INITIAL ACE FINDINGS

6 OR More ACES

~Are 4,600% more likely to become an intravenous drug user
~Are between 3,100% and 5,000% more likely to attempt suicide
~Have triple the lifetime risk of heart disease and lung cancer ¹³
~Have a 20-year decrease in life expectancy (Felitti, 1998; Harris, 2014)

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Background: Adverse Childhood Experiences (ACEs)

Felitti, 2019 summarized:

“What we found in the ACE study involving 17,500 middle-class adults was that life experiences in childhood, that are lost in time, and then further protected by shame and by secrecy and by social taboos against inquiry into certain realms of human experience; that those life experiences play out powerfully and proportionally a half century later in terms of emotional state, in terms of biomedical disease, in terms of life expectancy.”

THE NATIONAL PICTURE

More common than you would think....

- 61% of adults had at least one ACE and 16% had 4 or more types of ACEs.
- Females and several racial/ethnic minority groups are at greater risk for experiencing 4 or more ACEs.
- Many people do not realize¹⁵ that exposure to ACEs is associated with increased risk for health problems across the lifespan (depression, asthma, cancer, diabetes, and other autoimmune disorders).

THE LATINO CULTURE

Norms and Values



LATINOS IN THE UNITED STATES

62.5 million Latinos in the United States

About 19% of the total US population

Pew Research Center, 2021

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ENGLISH PROFICIENT

67% of adults consider themselves English proficient

EDUCATION

56% of adults have High School or less, 25% some college, 20% Bachelor's degree or more

LIVING IN POVERTY

18% of all Latinos live in poverty vs 13% of all Americans

HEALTH COVERAGE

18% report having no health coverage (11% US born Latinos/ 32% foreign born)

UNIVERSAL CULTURAL NORMS

Familismo

Loyalty and connection with the family.

Holds the family as central to the self.

This is critical for understanding the community's mental health needs because it is through the family that many Latinos turn for support.

Has been associated with increased self esteem, life satisfaction, increase ethnic identity...PROTECTIVE (resiliency) factors.

Piña-Watson, Ojeda, Castellon, & Dornhecker, 2013)

UNIVERSAL CULTURAL NORMS

Respeto (Calzada, 2010)

Respect, obedience, deference to authority.

Behavioral Manifestations of *Respeto*:

- ~accept parental authority without questioning it
- ~stay quiet when reprimanded/disciplined
- ~never listen in on/participate in adult conversations
- ~never express disagreement with adults
- ~offer to help elders
- ~greet adults politely (e.g., pedir la bendición)
- ~address elders formally (e.g., usted, Don/Doña, Señor, Señora rather than tú)

GENDER ROLES AND EXPECTATIONS

Machismo & Caballerismo

Machismo : patriarchal, male dominance.

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Caballerismo: nurturance, protector,
emotional connector.

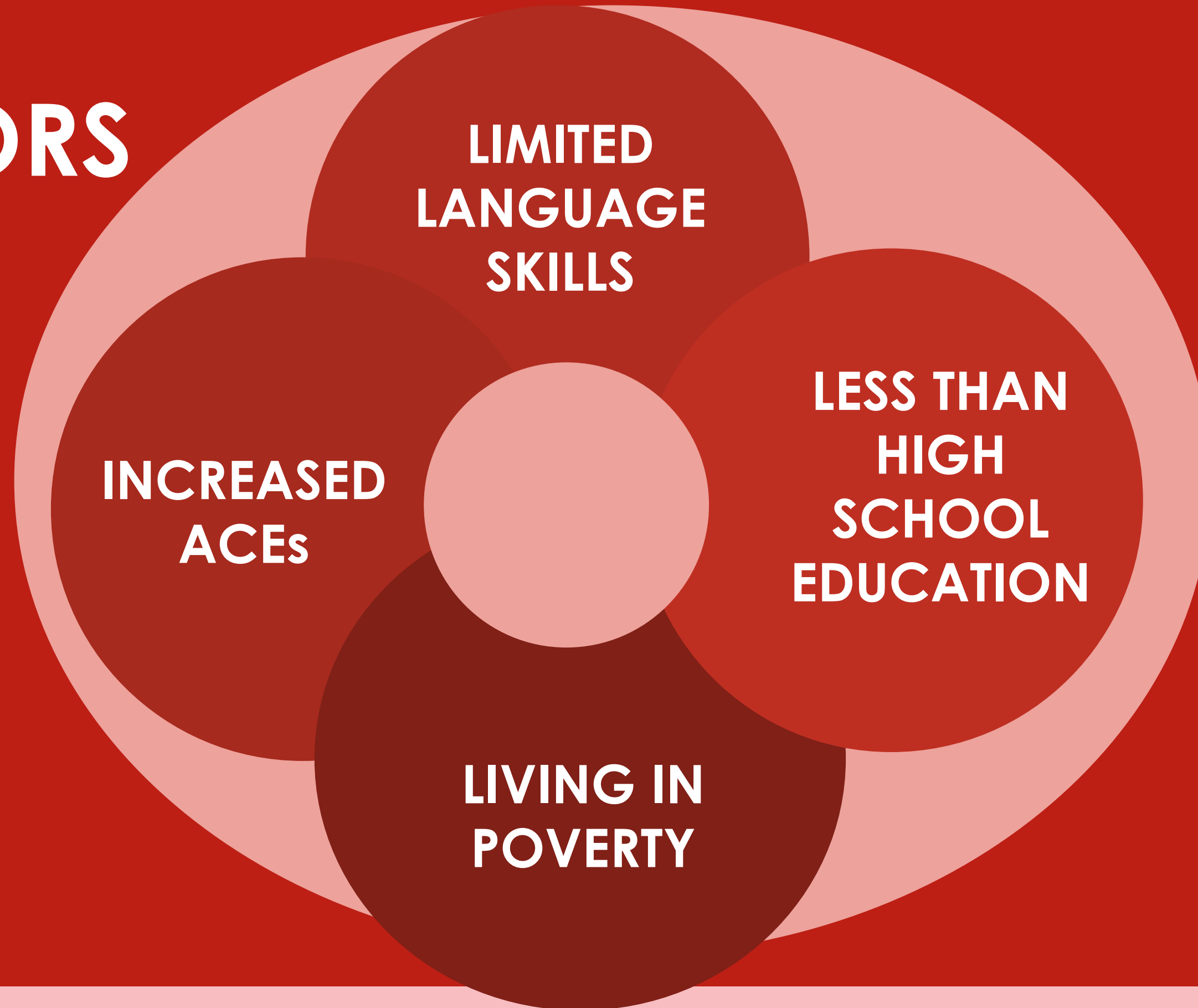
GENDER ROLES AND EXPECTATIONS

Marianismo

Women who often sacrifice for family.

Based on *Familismo*, *Respeto*, and *Simpatia*.

STRESSORS



LATINX CHILDREN IN THE US

Let's take a closer look at this
growing demographic.

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OUR CHILDREN

Racial Disparities

- Children of different races and ethnicities across the country do not experience the same exposure to ACEs. In the United States, 61% of African American children and 51% of Latin-American children have experienced at least one ACE, compared to 40% of White children.²⁴ In every part of the country, the lowest rate of ACEs was among Asian children. In most areas, the population most at risk were African American children. (Merrick, 2018; Sacks, 2018)

ADDITIONAL STRESSORS

Acculturation

Higher rates of mental distress and elevated number of ACEs among U.S. born Hispanics.

The Immigrant Paradox

Resilience Factors: Two parent home, strong support network

-OR-

Questions about the ACES specific to the immigrant experience are not reflected in the traditional measures of the ACE

IMMIGRATION

Parental immigration status impacts children's level of depression and anxiety.

DISCRIMINATION

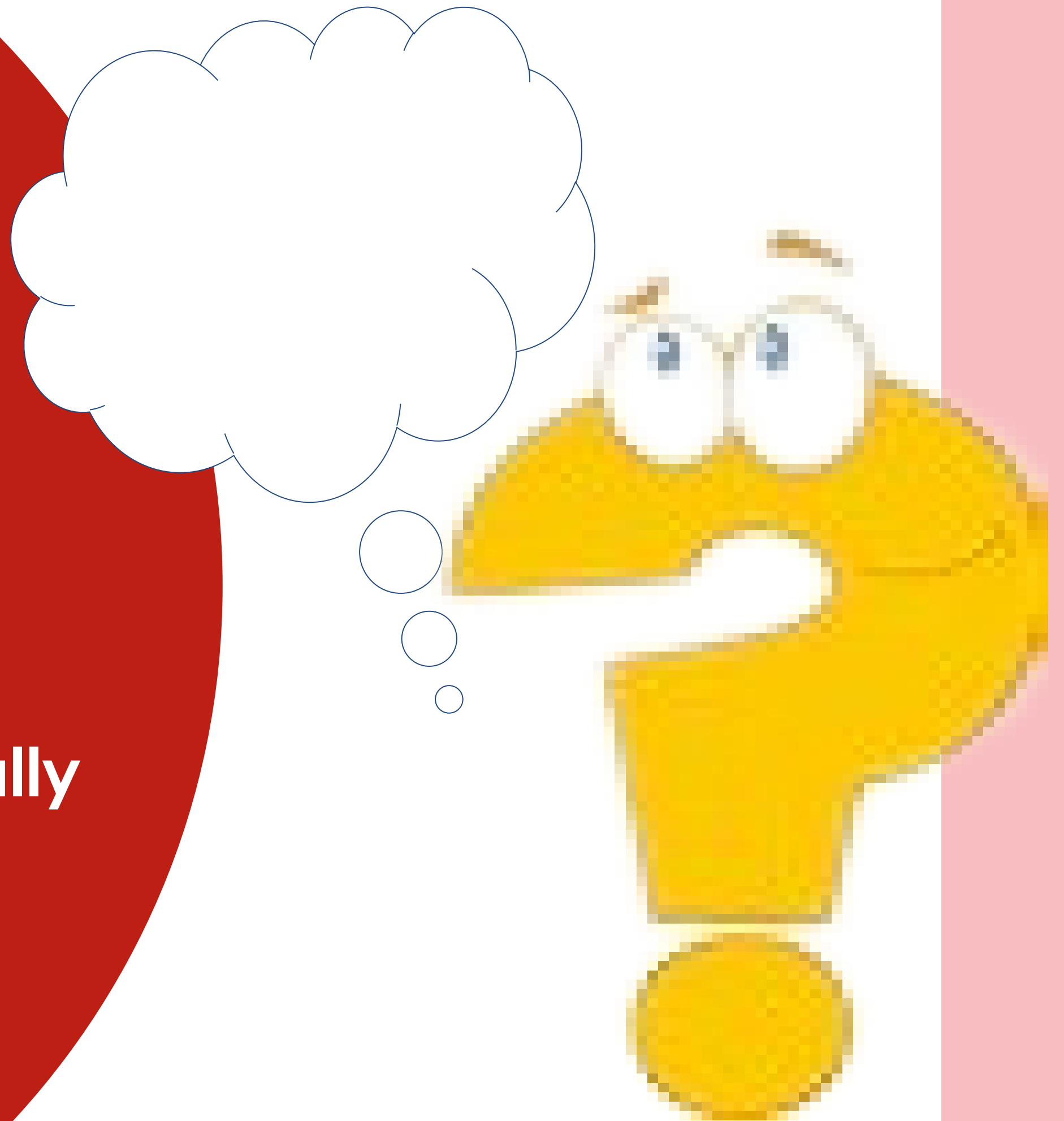
Perceived discrimination is related to lower self-esteem and increased levels of depression.

A systematic literature review found a strong and consistent relationship between racial discrimination and negative mental health outcomes such as anxiety,²⁷ depression and psychological distress. Birth-related outcomes such as preterm birth and low birth weight were also found as increased discrimination increased.

(Umaña-Taylor & Updegraff, (2007). Priest, Paradise, Trenerry, Truong, Karlsen, & Kelly, 2012)

SO WHAT DO WE DO NOW?

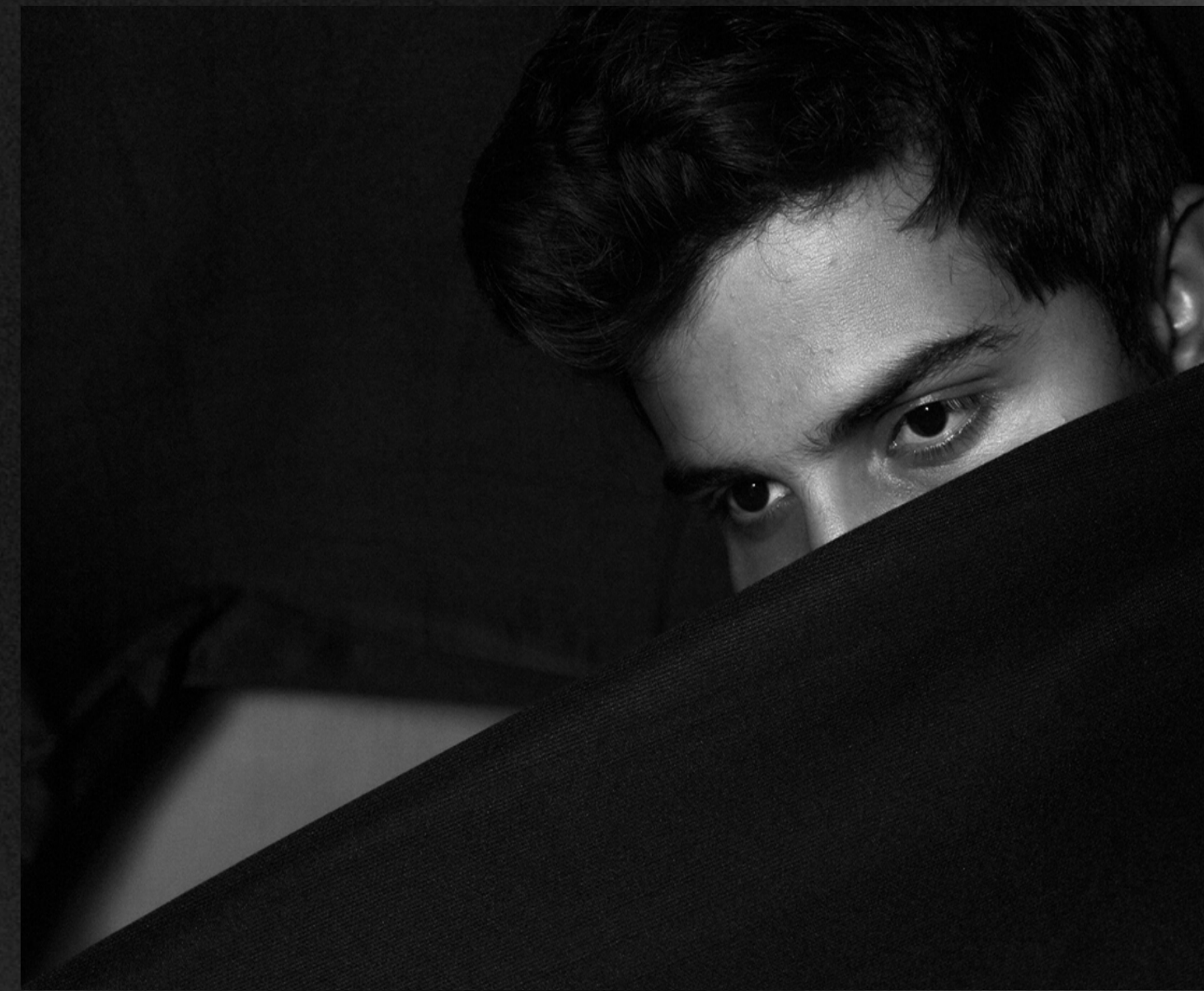
How do we take this information to create culturally sensitive programs?



MOVEMENT TOWARDS RESILIENCE

I have survived the toils and slavery of the fields.
I have existed
In the barrios of the city
In the suburbs of bigotry
In the mines of social snobbery
In the prisons of dejection
In the muck of exploitation
And
In the fierce heat of racial hatred.
And now the trumpet sounds,
The music of the people stirs the
Revolution.
Like a sleeping giant it slowly
Rears its head
To the sound of
Tramping feet
Clamoring voices
Mariachi strains
Fiery tequila explosions
The smell of chile verde and
Soft brown eyes of expectation for a
Better life.
And in all the fertile farmlands,
the barren plains,

the mountain villages,
smoke-smearred cities,
we start to MOVE.
La raza!
Méjicano!
Español!
Latino!
Chicano!
Or whatever I call myself,
I look the same
I feel the same
I cry
And
Sing the same. ²⁹
I am the masses of my people and
I refuse to be absorbed.
I am Joaquín.
The odds are great
But my spirit is strong,
My faith unbreakable,
My blood is pure.
I am Aztec prince and Christian Christ.
I SHALL ENDURE!
I WILL ENDURE!



I Am Joaquin

**I am Joaquin
by Rodolfo
Corky Gonzales**

RESILIENCE

Defined

The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant stress. It is the counterbalance of trauma.

ACES ARE NOT THE WHOLE STORY

Creating a Better Future

ACES & Protective Factors

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PROGRAMS NEED TO TAKE INTO ACCOUNT:

Cultural Norms

Language preferences

Importance of family - support network

Cultural paranoia/mistrust of others until YOU EARN their trust

Importance of spirituality / other healing practices

CONDITIONS THAT SUPPORT RESILIENCE

- ~Close relationships with competent caregivers
- ~Parental resilience
- ~Use of positive parenting skills
- ~Having a sense of purpose (through faith, culture, identity, etc.)
- ~Individual competencies (problem solving skills, self-regulation)
- ~Opportunities to connect socially
- ~Practical and available support services for parents and families
- ~Communities that value people and support health and personal growth



Building Internal Supports

Teach Skills

How to be a friend

Problem Solving

Calming down

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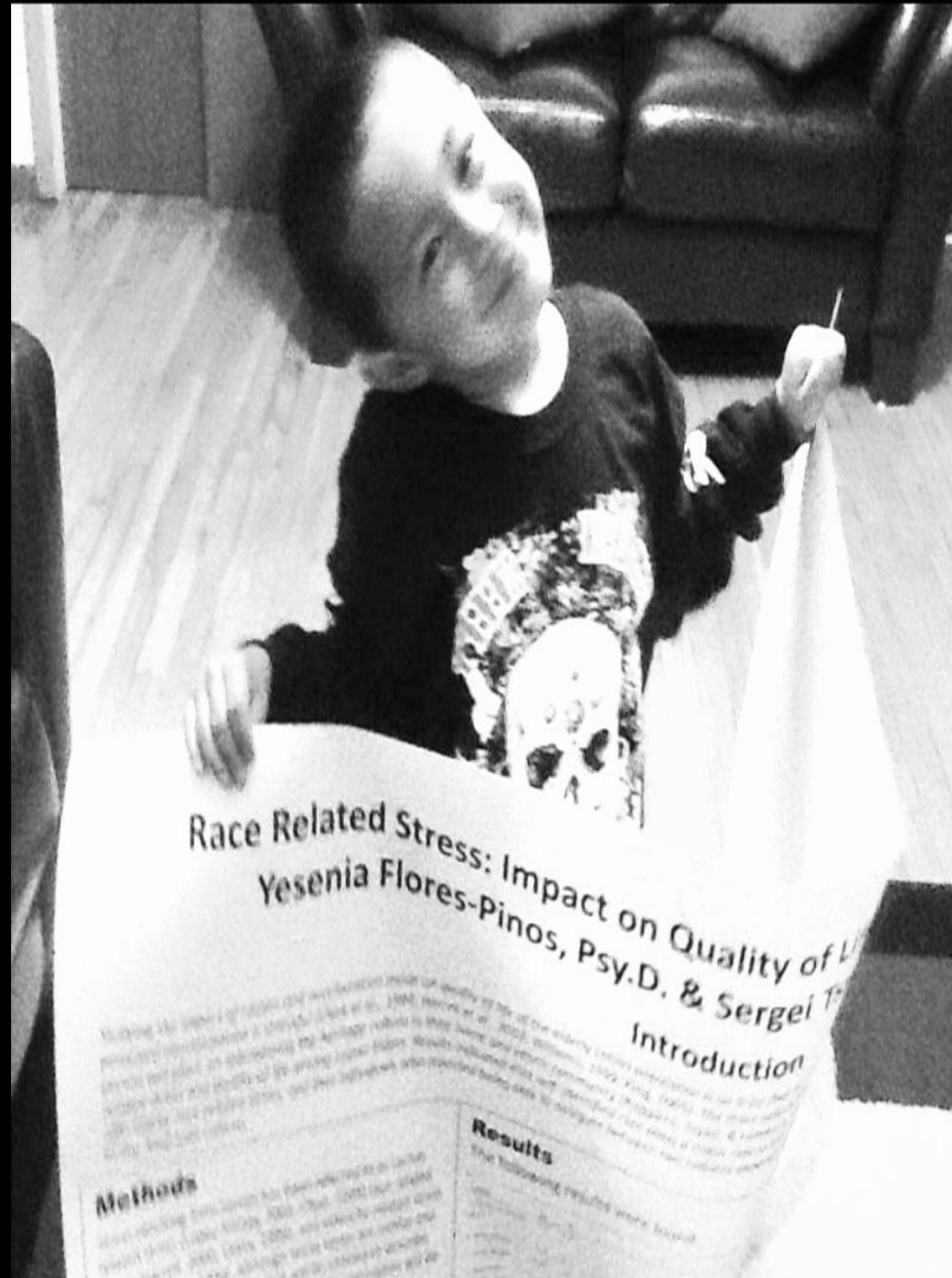
Waiting for a turn

How to be BORED

Safe dating

Parenting Workshops

Building External Support Systems



- ~Early Intervention
- ~Mental Health Specialists in Early Childhood Programs

Connecting Youth to caring adults and Mentoring and After-school programs including the:

- ~YMCA
- ~Big Brothers / Big Sisters

RESILIENCY TREE

Resiliency Building Experiences

Buffering Relationships

- Feels Loved by Parent(s) or Primary Caregiver
- Supportive Family Relationships
- Supportive Community Relationships
- Parent(s) or Primary Caregiver Enjoy Playing with Child
- Relatives Provide Support When Sad or Worried
- Caring Neighbors or Family Friends
- Support from Teacher, Coach, Youth Leader, or Minister



- Family Cares about Child's School Work and Performance
- Family, Neighbors, and Friends Talk About Making Lives Better
- Rules, Structure, and Expectations in Household
- Someone Trusted to Talk to When Feeling Bad
- Adults Who Notice Child's Strengths and Accomplishments
- Sense of Independence
- Positive Outlook on Life

Hope and Resilience

Positive Community Environments

- Available, Affordable Quality Housing
- No Racism or Discrimination
- Clean and Safe Physical Environment
- Access to Educational Opportunities
- High Sense of Collective Political and Social Efficacy



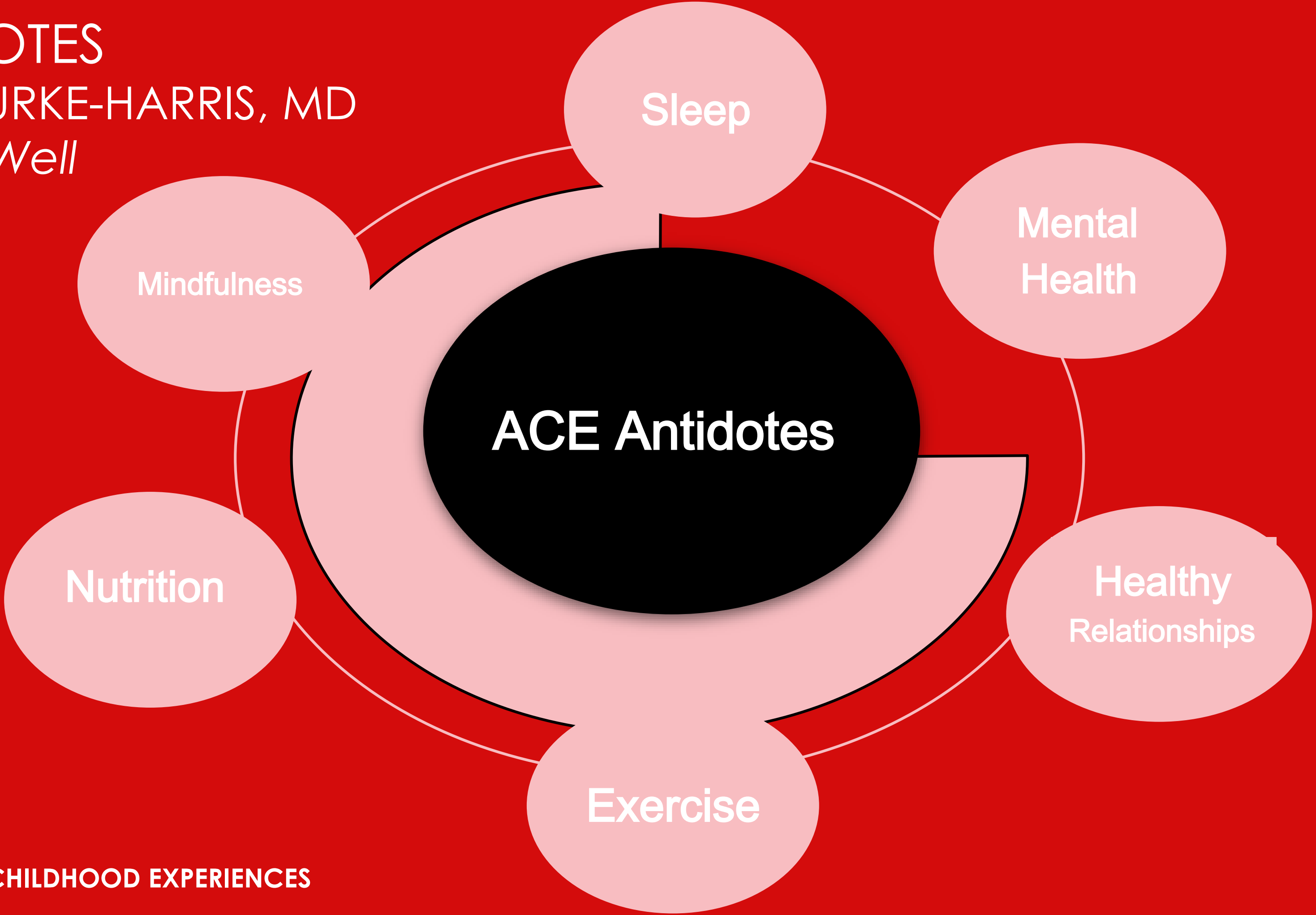
- Lots of Opportunity and Economic Mobility
- Quality Transportation Services or System
- Cohesive Social Networks and Trust
- Access to Healthy Products and Foods
- Employment Opportunities

Physical Environment Economic Environment Social-Cultural Environment

ACE ANTIDOTES

DR NADINE BURKE-HARRIS, MD

The Deepest Well



ADVERSE CHILDHOOD EXPERIENCES

ONGOING PROGRAMS & RESOURCES



NATIONAL PROGRAMS

Resources from the CDC, Center for Child Counseling website, Center for Health Care Strategies, APA, and CASEL.



STATE PROGRAMS

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New Jersey Association of School Psychologists, NJEA, Medicaid/Providers.



DISTRICT PROGRAMS

Student Centers, Wellness Centers at High Schools

**What great
programs do
you know and
want to share
with the rest of
us?**



QUESTIONS?



For additional questions, comments, or to receive the reference page, please feel free to email me at:

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