

THERAPY IN OUR CLINICS IS NOT ENOUGH: THE NEED TO BE POLITICALLY ACTIVE AND ADVOCATE FOR LATIN@ SERVICES

Jorge Wong, Ph. D., CHC

Palo Alto University

Asian Americans for Community Involvement

Innovations in Latin@ Behavioral Health Forum

AUI-CSPP San Francisco

May 29, 2015

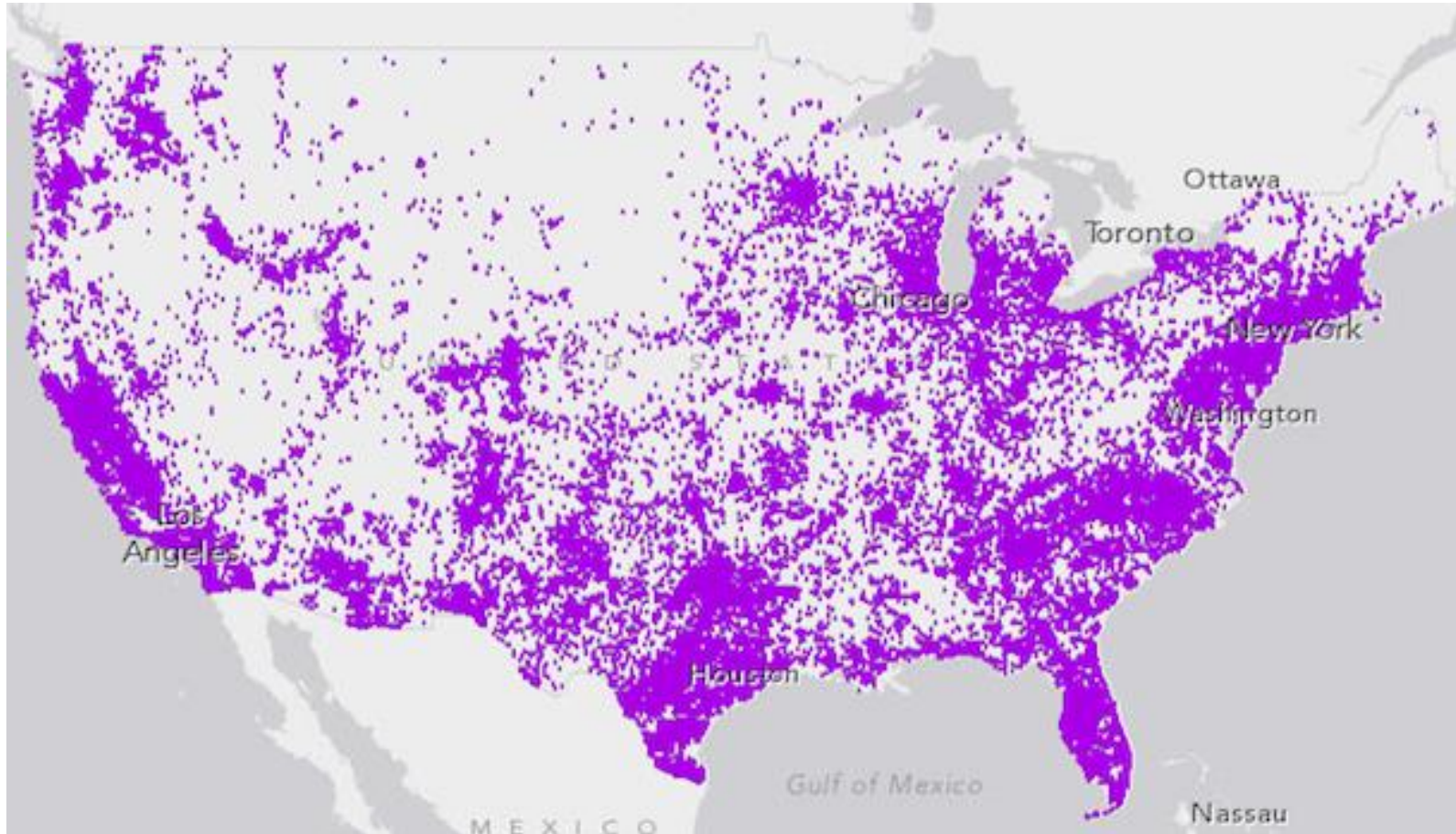
1



U.S. CENSUS DATA COLLECTION

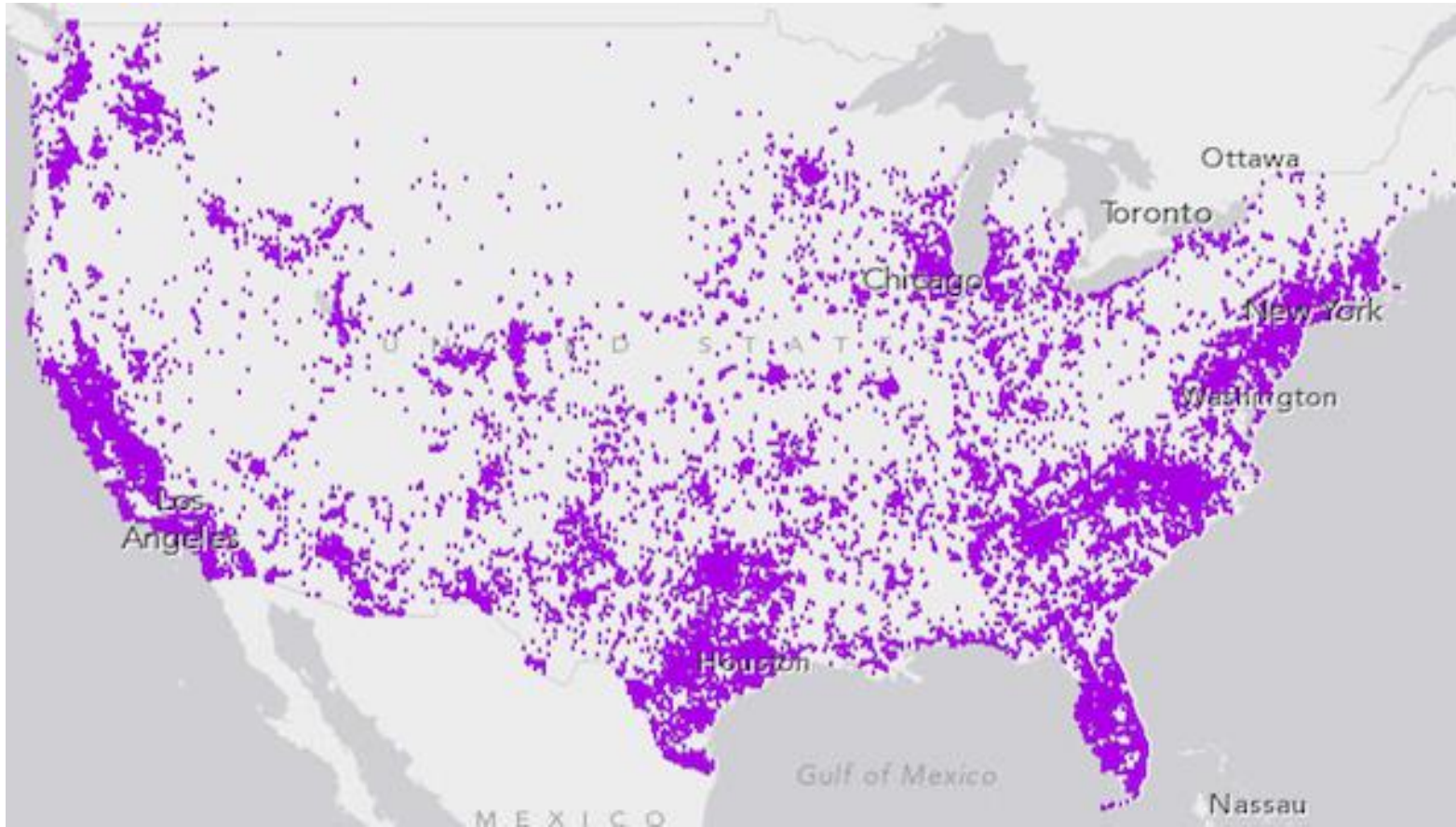
- Census 1980, 1990, 2000
 - 3 questions asked of >5 y.o.
- 2011 American Community Survey
 - 4 major language groups: **Spanish**, *Other Indo-European languages*, *Asian and Pacific Islander languages*, and *All Other languages*
 - English was language **most spoken** at home (291.5 million)
 - Spoke language **other than English** at home (**60.6 million**)
 - Spanish was **2nd language most spoken at home** (37.6 million, 62% of 'spoke language other than Eng at home)
- Chinese (2.9 mil/ 4.8%)
- Tagalog (1.6 mil/ 2.6%)
- Vietnamese (1.4 mil/ 2.3%)
- French (1.3 mil/ 2.1%)

SPANISH SPEAKING



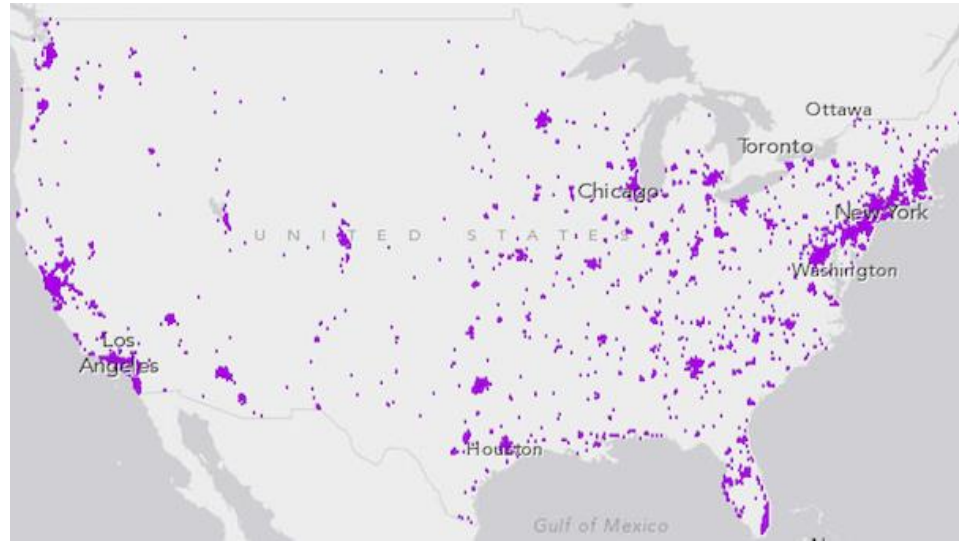
https://www.census.gov/hhes/socdemo/language/data/language_map.html

SPEAK SPANISH AT HOME AND LITTLE ENGLISH



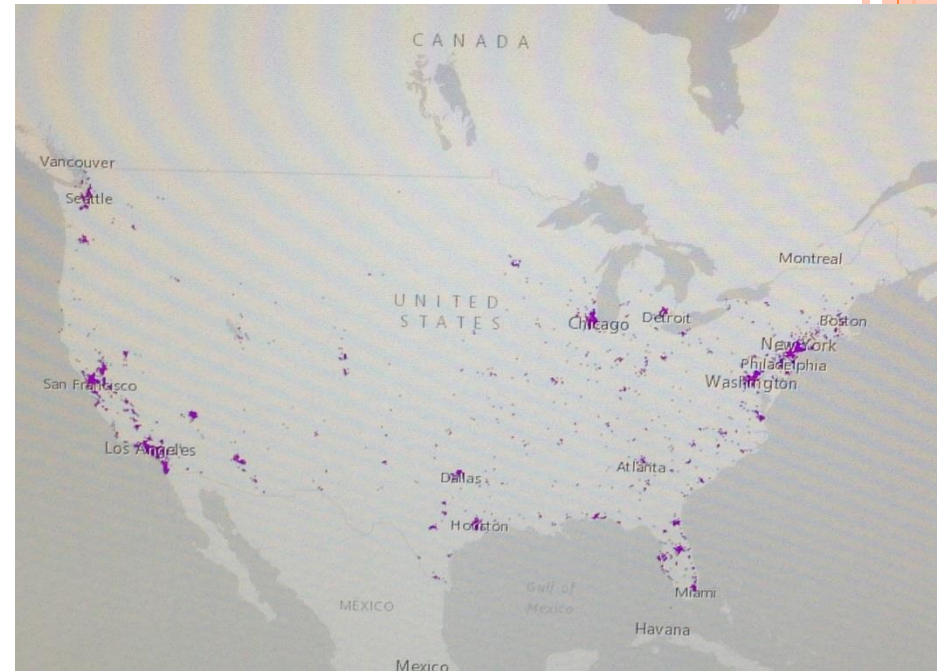
<http://www.citylab.com/politics/2013/08/geography-americas-many-languages/6438/>

Chinese



https://www.census.gov/hhes/socdemo/language/data/language_map.html

Tagalog



https://www.census.gov/hhes/socdemo/language/data/language_map.html

LIMITATIONS OF MODERN PSYCHOLOGY

- The Neglected 95% (Arnett, 2008)
 - American Psychological Association (APA) journals focus too narrowly on Americans (<5% of world's population)
- World's top journals publications are based on samples drawn from Western, Educated, Industrialized, Rich and Democratic (WEIRD) societies (Henrich, Heine & Norenzaven, 2010)

EVIDENCE BASED TREATMENTS & PRACTICES CONFUSION

- Evidence Based Treatments (EBT) growing popularity, many practitioners and agencies are hesitant to implement them (Kondo and Wong, 2013).
 - Manualized interventions for specific populations and disorders shown to be effective through research
 - Most obvious challenge is the generalization of these treatments to populations for which they were not standardized on and therefore fidelity to the model is compromised
- Evidence Based Practices— defined by APA (2005) as *“the integration of the best available research with clinical expertise in the context of patient characteristics, culture and preference.”*

ADVOCACY

- Advocacy is a professional competency
- APA Ethics Code
 - **Preamble** → “...improve the conditions of individuals, organizations and society” “strive to help the public in developing informed judgments and choices concerning human behavior”
 - **Principle D: Justice** → “recognize that fairness and justice entitle all to access to and benefit from the contributions of psychology and to equal quality in the processes, procedures and services being conducted by psychologists”

ADVOCACY

- Some professions advocacy is taught in their curriculums (Shadish, Pereira and Wong, 2013)
 - Nurses: advocacy is good policy and good public health
 - AMA Code of Medical Ethics considers it “laudable for physicians to run for political office”
- Psychologists are trained and develop EBP, psychological and neuropsychological assessments, research and outcome evaluations, quantitative and qualitative analyses, educate and train the BH workforce, develop the models to explain human behavior and cultural competence (Kwok, Li and Wong, 2015)

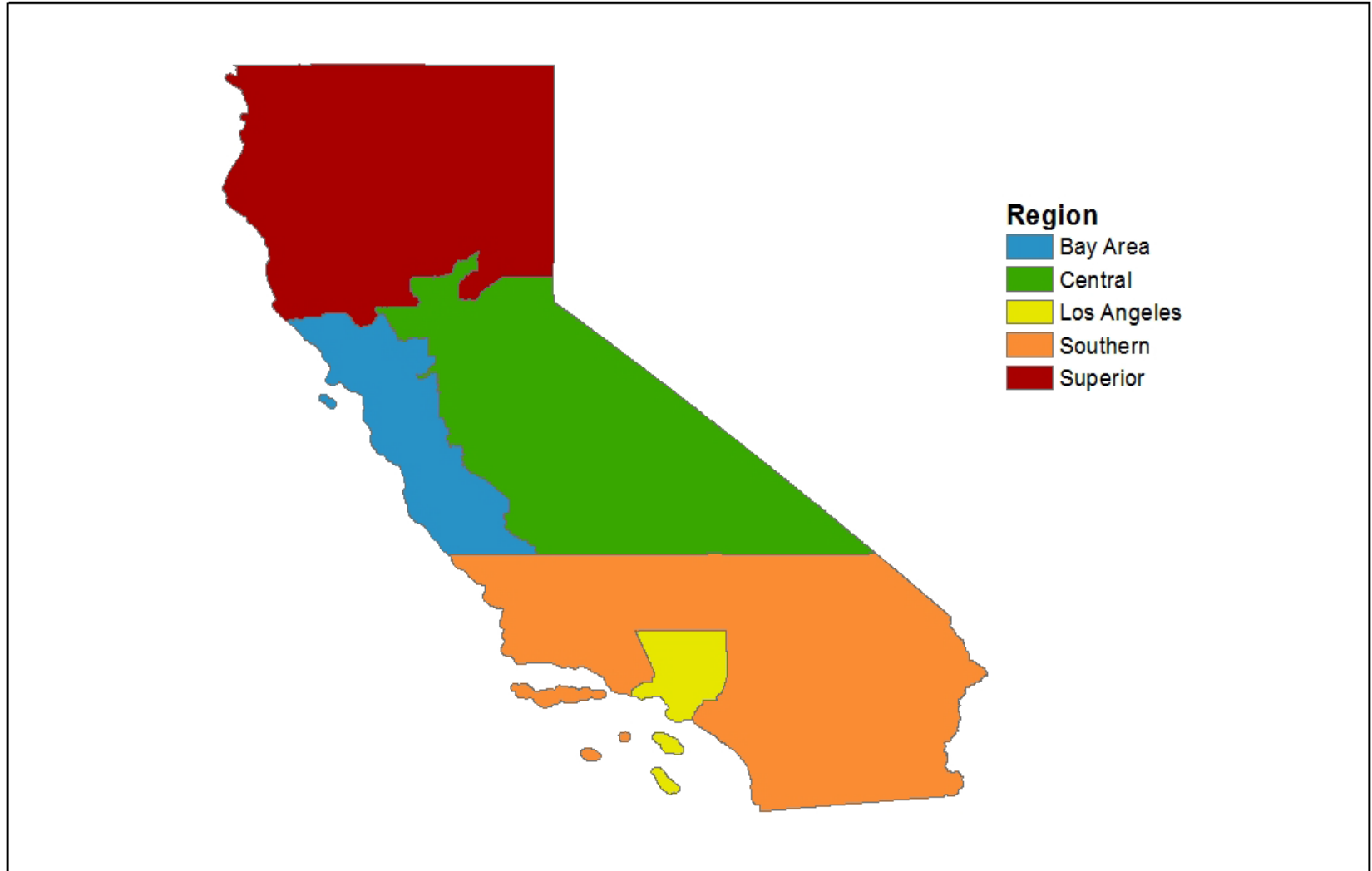
-Kwok, K. K., Li, T. and Wong, J. (2015) Self-Care Through Advocacy. California Psychologist, Spring, 48(2). 28-29.

-Shadish, K., Pereira, S. and Wong, J. (2013). Promoting Professional Advocacy in Psychology. California Psychologist Nov/Dec, 46(6), 25-27.

UNITE FOR A COMMON CAUSE: ¡SI SE PUEDE!

- Psychologists are ethically obligated to ensure their own competence → competent individuals and competent communities (Johnson, Barnett, Elman, Forrest and Kaslow, 2012)
- Mental Health Services Act (2004)
 - 1% tax on over \$1M income
 - Transform the public mental health system
 - Ballot initiative that passed by 60% of voters

CALIFORNIA MHSA REGIONS



THRESHOLD LANGUAGES BY MHSA REGION

Bay Area (12 counties)	Central Region (20)	Los Angeles Region (1)	Southern Region (10)	Superior Region (15)
Spanish (9)	Spanish (16)	Spanish	Spanish (9)	Spanish (11)
Vietnamese(3)	Hmong (3)	Armenian	Vietnamese(2)	
Cantonese(3)	Russian (2)	Cantonese	Arabic (1)	
Mandarin (2)	Cambodian(1)	Vietnamese	Farsi (1)	
Tagalog (2)	Cantonese(1)	Korean	Tagalog (1)	
Russian (1)	Vietnamese(1)	Mandarin		
		Tagalog		
		Farsi		
		Russian		
		Cambodian		
		Arabic		
		Other Chinese		

CA LATINO LEGISLATIVE CAUCUS (22 MEMBERS)

		District		District
Senate	Ben Hueso (Chair, 40 th SD)	40 th SD	Ricardo Lara	33 rd SD
	Kevin de Leon (24 th SD)	24 th SD	Tony Mendoza	32 nd SD
	Ed Hernandez	22 nd SD		
Assembly	Luis Alejo (Vice Chair)	30 th AD	Patty Lopez	39 th AD
	Ian Calderon	57 th AD	Jose Medina	61 st AD
	Nora Campos	27 th AD	Henry T. Perea	31 st AD
	Susan Talamantes Eggman	13 th AD	Miguel Santiago	53 rd AD
	Cristina Garcia	58 th AD	Anthony Rendon	63 rd AD
	Eduardo Garcia	56 th AD	Freddie Rodriguez	52 nd AD
	Jimmy Gomez	51 st AD	Rudy Salas	32 nd AD
	Lorena Gonzalez	80 th AD	Tony Thurmond	15 th AD ¹³
	Roger Hernández	48 th AD		

GOOD BEHAVIORAL SERVICES FOR LATIN@S IS GOOD PUBLIC HEALTH POLICY & PRACTICE

- Present the knowledge and data regarding EBPs for Latin@s Behavioral Health needs.
- Address the Latin@s disparities in access to care.
- Address disparities in the availability of qualified and competent BH providers.
- Address the need for linguistically and culturally competent BH services for Latin@s as a best public health practice.
- Visit your legislator(s) and educate them on these important healthcare issues.
- A healthy Latin@ population is a good public health policy and practice.

THANK YOU!... ¡GRACIAS!

Jorge Wong, Ph. D., CHC
Pacific Graduate School of Psychology, Palo Alto University
Jwong@paloaltou.edu

Asian Americans for Community Involvement
Jorge.wong@aaci.org

