



pennsylvania

CARE PARTNERSHIP

DEVELOPING SYSTEMS THAT CARE

We Are Not Invisible:
Protecting Latina
Mental Health in
Schools

Featuring ...

Keynote Speaker:

Noelia Rivera-Calderón,
Esq.

Moderated by:

Kelsey Leonard, Cultural and
Linguistic Competence
Coordinator, PA Care Partnership

March 26, 2020

PA Care Partnership CLC
Webinar Series 2020



Kelsey Leonard

CLC Coordinator for the
Pennsylvania Care
Partnership

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CLC Webinar Series 2020

- **Intersectionality Matters!: Mitigating Unconscious Bias and Unintended Racism in Behavioral Health Care**
 - Thursday, May 28, 2020 2:30-4:00 PM
 - Keynote Speaker: **Sharon G. E. Washington**



Take Our Survey

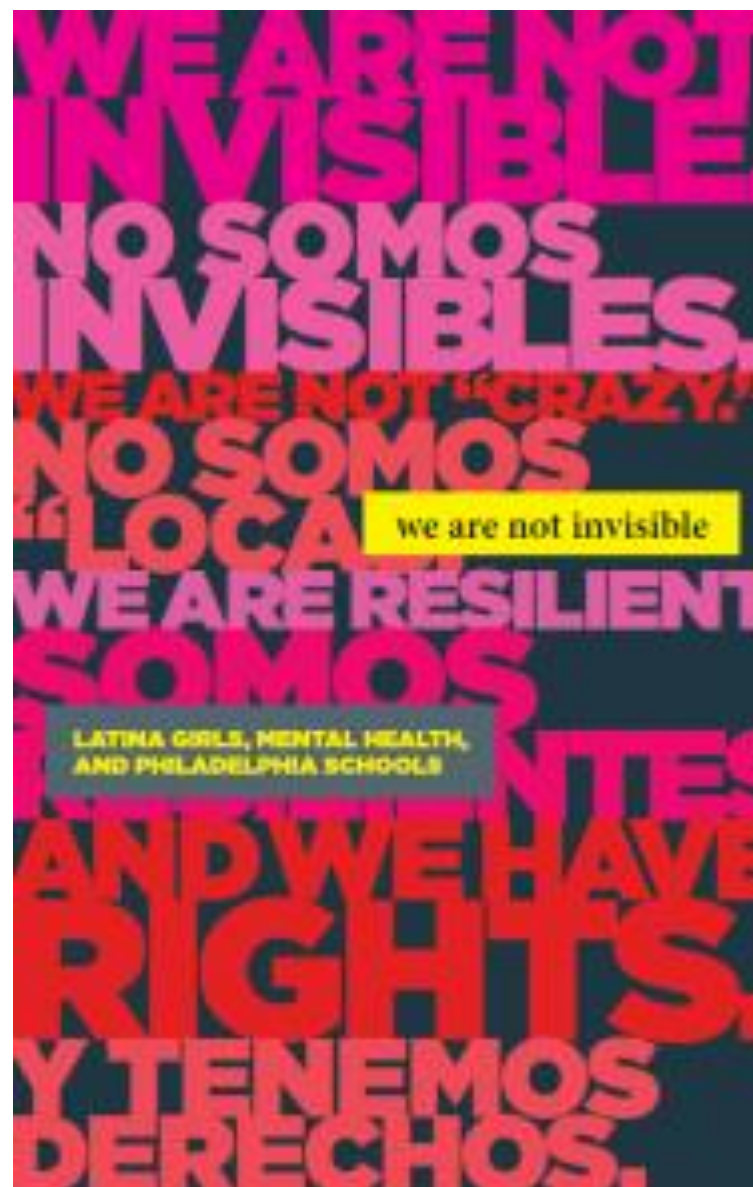
- To ground our keynote webinar by Dr. Sharon Washington, this survey seeks to understand your experiences navigating bias and microaggressions in your work. Please be open and honest so we can shine light on specific barriers and work together to prepare you to overcome and dismantle them.
- Complete Survey Here:
<https://survey.sogosurvey.com/r/Qtc6Ws>

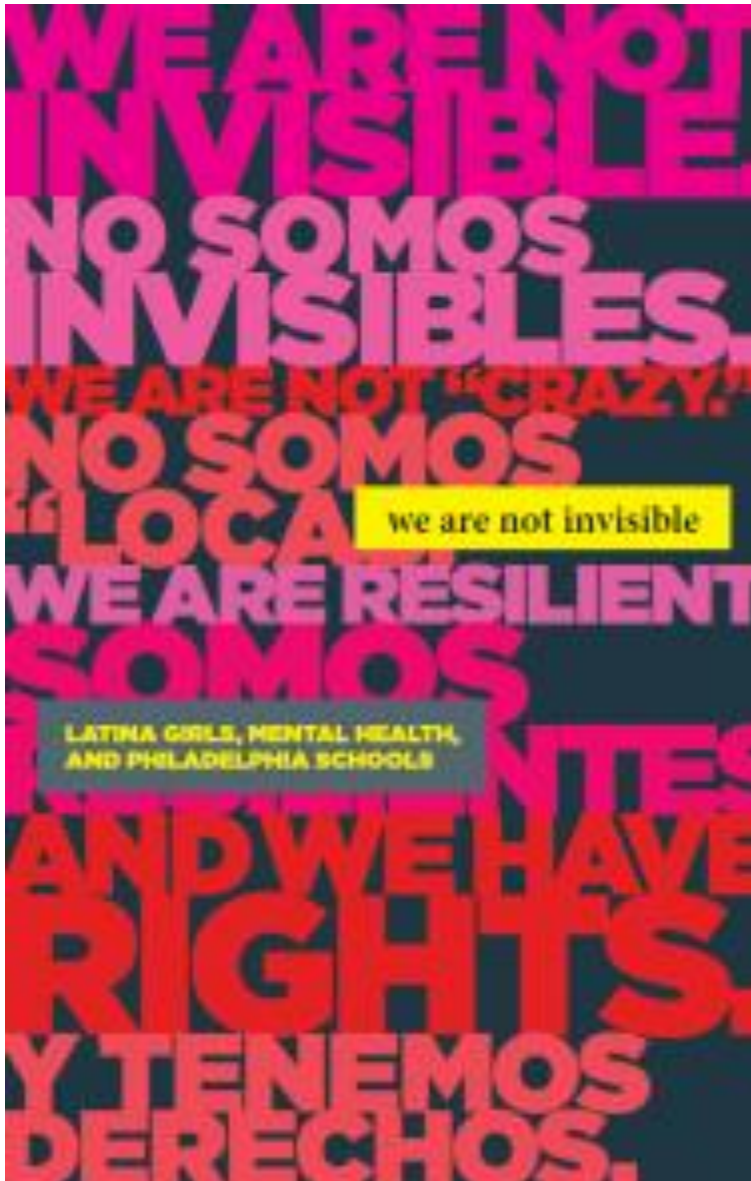


NATIONAL WOMEN'S LAW CENTER









Terminology and Latino/a/x Identity

- » Latinx, Latina, Latino
 - Someone of Latin American origin or descent
 - Diverse community sharing common threads



IN PHILADELPHIA,
OVER HALF OF
LATINA HIGH
SCHOOL GIRLS
HAVE FELT PERSISTENTLY
SAD OR **HOPELESS**.

#NOSOMOSINVISIBLES

1 in 5

*Latina girls nationwide and in Philly that
considered suicide in 2017*

1 in 7

*Latina girls in Philly that attempted suicide in 2017
alone*

1 in 2

Philly LGB Latina/xs who considered suicide in 2017

2 in 5

Philly LGB Latina/xs who attempted suicide in 2017 alone

Nearly **1** in **2**

*Latina girls in Pennsylvania that
were persistently sad or hopeless in 2017*

1 in **5**

*Latina girls nationwide and in Pennsylvania that
considered suicide in 2017*

Over **1** in **8**

*Latina girls in Pennsylvania that attempted suicide
in 2017 alone*

Health

Trump's presidency may be making Latinos sick

When Relatives Get Deported, Hispanic Teens' Mental Health Tanks



NEWS RELEASE 17-JUL-2019

Undocumented Latina immigrants face
PTSD at four times the national rate, new
study finds

Latinx Mental Health Worsens When There's ICE Raids

News and Entertainment

Posted: November 22, 2019

RACE

More Hispanic Kids Are Depressed Than Their Peers As Anti-Migrant Rhetoric Rises

August 6, 2019 - 4:59 AM ET

Heard on [Morning Edition](#)



Latina/xs are not
more *susceptible* to
mental health
challenges
than other students—
but get far
less *support*





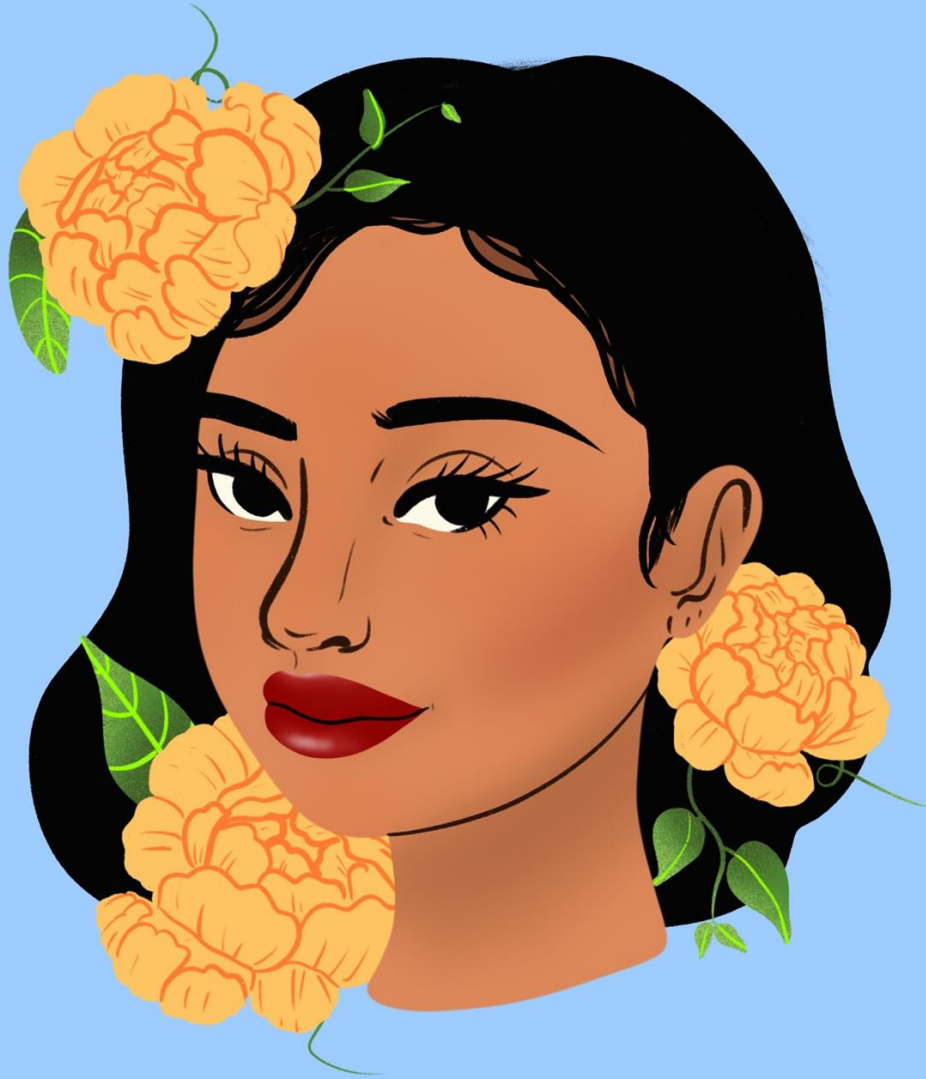
I AM NOT A BURDEN

**Lack of
support in
school can
impact a
student for a
lifetime.**

Role of race and gender discrimination and anti-immigrant bias



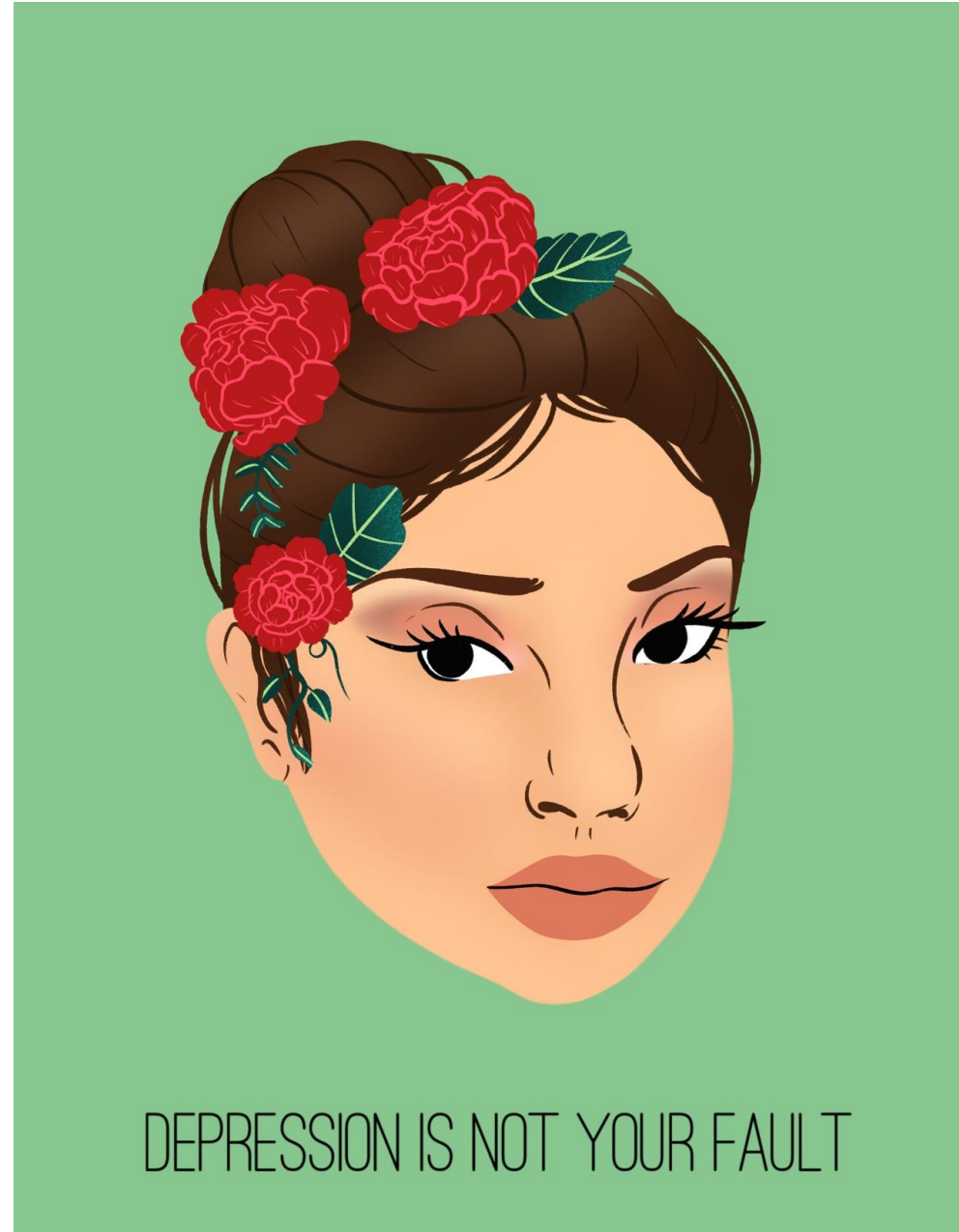
NO SOY LOCA



NO SHAME IN BEING ANXIOUS

**A culture of
silence, stigma,
and shame in
schools leaves
students feeling
unsupported and
pushes them into
invisibility.**

**Negatively
impacting—or
being harmfully
indifferent to—
Latina/x mental
health results in
school pushout.**



1. The entire **school culture** needs to change to prioritize student wellness.
2. Students need to feel **affirmed** in school curriculum and be **represented** in teaching and counseling staff.
3. Students need to be taught their **rights** so they can get the **accommodations** they need.





**Latina/x
students have
the solutions,
and can lead the
way to building
mentally healthy
school climates
for all students.**

Ms. Spencer	Ms. Davis	Ms. Fritz
Break Space Dr. Ortiz	Teachers	Peer Support Circles
Angel D. Alvarado	Saad A. Juhana	Naomi G. Neusch
Lilyana Mojica Ampleman	Angel D. Delgado	Angelique D.
Jeyline Vallejo Janna	Karyme Fort	Janna
Pam Schwarzer Bonam	Alina Ortiz	Bonam
Bianca Lorenzi Neusch	Angelina Ortiz	Alicia Espinosa
Ms. Fritz Karyme Fort	Ms. Fritz Daniel Gonzalez DJX	Ms. Fritz
Mental Health Training	Mental Health Club	Workshops
Naomi G. Karyme Fort	Naomi G.	Saad A.
Saad A. Angelique D. Neusch	Alina Ortiz DJX	Karyme Fort
Juhana Delgado	Daniela Ms. Fritz Ben Angelique D.	Angelique D.
Daniela Ms. Fritz Ben	Ammar Alicia Espinosa	Neusch G.
Mental Health Days	DJX	Alicia Espinosa
Instagram		Bianca Lorenzi
Angel D. Janna Bonam	Lilyana Mojica Karyme Fort	Karyme Fort
Saad A. Neusch	Jeyline Vallejo Angelina Ortiz	Angel D.
Angel D. Pamela Schwarzer	Alina Ortiz	DJX
	Alicia Espinosa	Jeyline Vallejo

Teachers can protect students' rights

- IDEA
- Section 504



MEREZCO APOYO

Everyone has a role to play in building better school climates for Latina & Latinx students

School leaders should:

- ✓ Build a culture of respect in their schools that acknowledges students' mental health concerns

District leaders should:

- ✓ Incorporate mental health check-ins in established screenings
- ✓ make sure educators are trained to support students

Lawmakers should:

- ✓ Fund programs that create more Latinx educators and mental health professionals of color
- ✓ Require schools to teach students of their rights under state and federal law

Students, parents & community members should:

- ✓ Voice their concerns to school leaders and elected officials at school board meetings & city council hearings
- ✓ Hold their elected officials accountable!

Recommendations for Schools

1. Mental health **training** (Mental Health First Aid) for school staff
2. A mental health **break space**
3. Peer support **circles**
4. More Latina/x and women **teachers and counselors**
5. Working with **community groups** to provide school-based mental health support
6. Changing the **dress code**
7. Representation in school **curriculum**
8. Anonymous **stress surveys**
9. Teaching students their **rights**



NWLC Retweeted

Teen Vogue @TeenVogue · Apr 18

"Don't let the fear of not being listened to stop you from speaking on your mental health because everyone deserves to be heard."



What Latinx Students Want You to Know About Their Mental Health
"No somos locas."

UNIVISION NOTICIAS / SALUD

"No somos locas": 1 de cada 5 estudiantes latinas ha contemplado el suicidio. Ahora defienden su derecho a ser escuchadas

En un nuevo reporte publicado en alianza con el Centro Nacional Legal de la Mujer (NWLC, por sus siglas en inglés), un grupo de estudiantes de Philadelphia se sincera sobre el rechazo y la indiferencia que sufren en sus escuelas a causa de su depresión o ansiedad, y sobre la disparidad del trato que reciben en comparación con sus compañeras no hispanas.

MARÍA ISABEL CAPIELLO [Follow](#)

18 ABR 2019 - 9:30 PM EDT

COMPARTIR [f](#) [t](#) [e](#)



The Inquirer
DAILY NEWS philly.com

Wednesday, April 24, 2019 | Today's Paper [Unl](#)

UT & EMBARGOED UNTIL APRIL 16, 2019

ARE NOT VISIBLE. SOMOS VISIBLES. ARE NOT "CRAZY." SOMOS NO SOMOS INVISIBLES. ARE RESILIENT. SOMOS RESILIENTES. AND WE HAVE... Y LAS ESCUELAS DE PHILADELPHIA

JÓVENES LATINAS, LA SALUD MENTAL

ALTO PORCENTAJE DE LATINAS, DISPUESTAS A QUITARSE LA VIDA

MEDIODÍA

3:36 / 3:59

OPINION

Philly's Latinx girls need more mental health support | Opinion

Updated: April 18, 2019 - 6:00 AM

Angela Calderon, For the Inquirer



[f](#) [t](#) [e](#)

bookit.com

ALI
All Meals
All Drinks



Questions?

Email:

nrivera-calderon@nwlc.org

For more resources,
articles, and a report
order form (English and
Spanish):

nwlc.org/notinvisible



pennsylvania

CARE PARTNERSHIP

DEVELOPING SYSTEMS THAT CARE

Cultural and Linguistic Competence (CLC) Webinar Series 2020

<https://www.pacarepartnership.org/community-partners/cultural-and-linguistic-webinar-series/>



**Cultural competence
and linguistic competence
are a life's journey ...
not a destination**

Safe travels!



Thank you

- Please contact Kelsey Leonard, CLC Coordinator for the PA Care Partnership at leonardkt@upmc.edu with any questions, comments and/or for additional resources.