

Mitigating Mental-Health Stigma in the Latino population With the Culturally -Sensitive 'Fotonovela'

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Logic Model

Outcomes

- Identify the misconceptions that prevent patients from seeking mental healthcare
- Share culturally sensitive mental health education to the Latino population of CHHC

Outputs

- Provided culturally adapted and entertaining mental health education to over 70 patients of CHHC
- Gathered information for the clinic of specific stigmas patients have against receiving mental healthcare

Activities

- Visited CHHC to administer surveys, the 'fotonovela', and answer questions regarding mental health
- Called patients who scheduled their first mental health clinic appointment

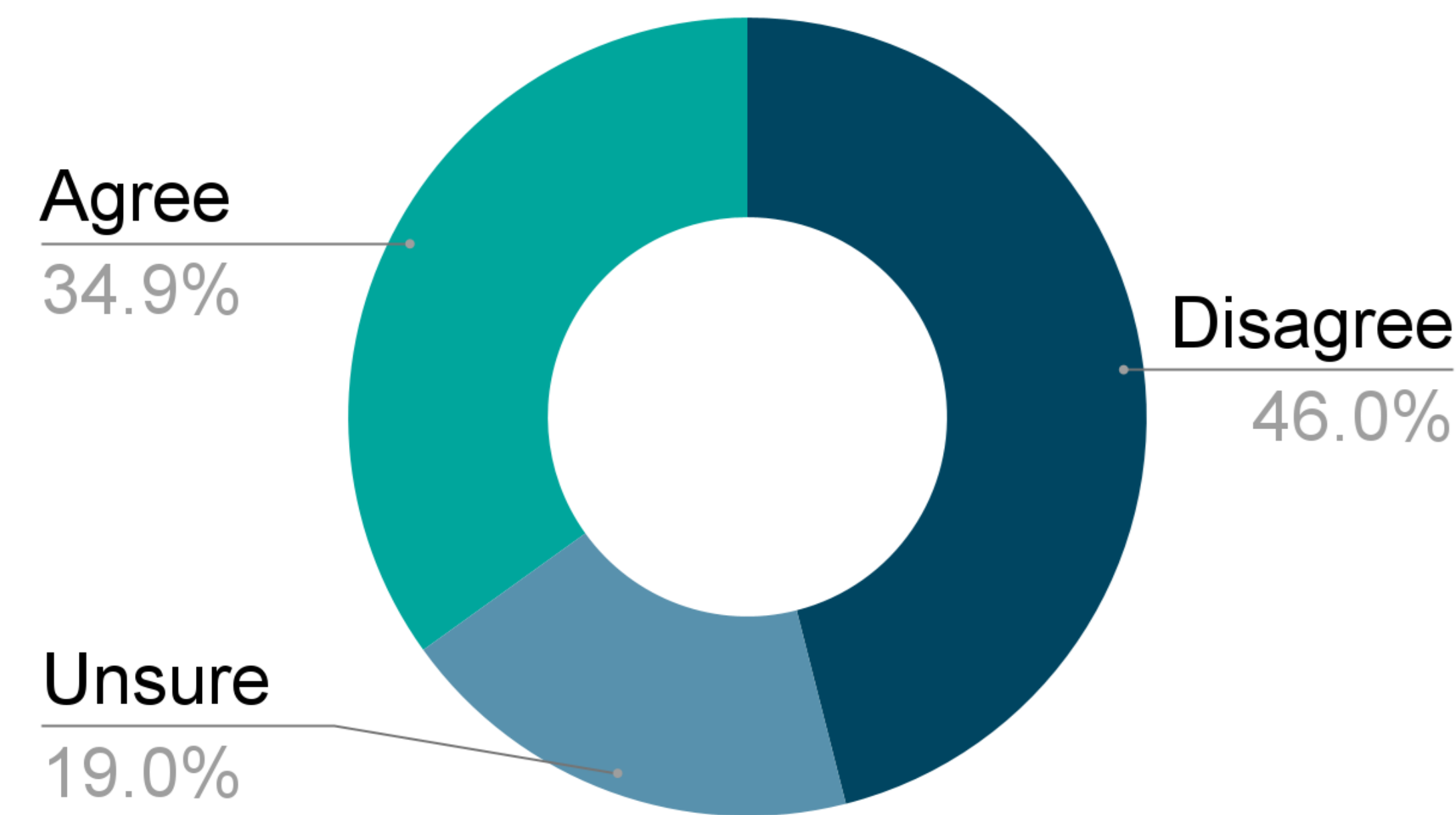
Inputs

- The peer reviewed fotonovela
- A pre-appointment mental health stigma survey

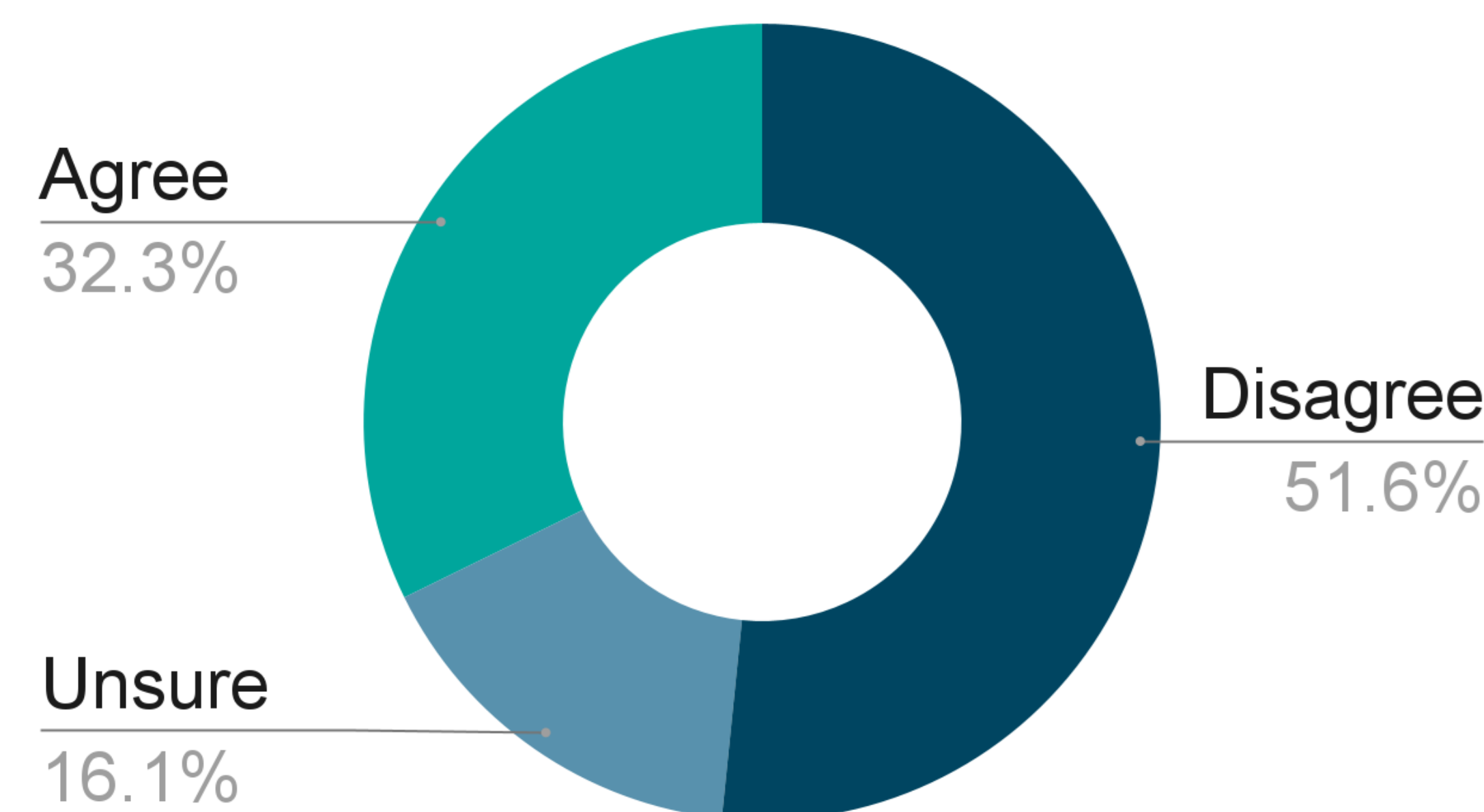


Introduction

Mental illness stigma is a known barrier preventing Latino patients from receiving adequate care. One study found that patients with mental health stigma were less likely to manage their depression and more likely to miss scheduled appointments. Over 60% of their Latino population believed that others in the community would reproach those with symptoms of depression and felt that individuals with depression could not be successful. We decided to see how these results compared to the Latino population at CHHC Pelham, AL and see how the 'fotonovela' tool can help destigmatize mental health within the community.



"When someone takes medication for depression, they must depend on these medications to perform daily activities."



"I would not want to receive treatment for depression because I would be embarrassed to talk about personal topics with other people."

Impact

We asked the patients of CHHC for their feedback on the 'fotonovela.' Here are some of their responses:

"I didn't know depression could present with so many different symptoms outside of just being sad. I think what I learned from this is to not let myself and people that are struggling with depression become isolated."

"The fotonovela was interesting and I liked it. I already had an idea about mental health because my son has depression and takes medications for it. I think it helps him."

Critical Assessment

- Providing the surveys and 'fotonovela' in an online format was not appropriate for our patient population. We decided to use paper copies instead.
- Most patients were open to read and listen to our resources about mental health. However, engaging patients on sensitive topics posed difficulties. Initiating conversations after delivering the 'fotonovela' helped us in that regard.