Efforts to Integrate Culture, Science, and Social Justice: Ten Years of Parenting Prevention Research with Low-Income Latina/o Immigrants.

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Acknowledgements

Families guiding our work, community partners in the trenches, courageous research staff, co-investigators committed to social justice, graduate students full of passion, and project managers who believed in our dream.
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Latinos/as in Detroit
BLAME THEM FOR EVERYTHING

IMMIGRANTS
COMING TO TAKE YOUR JOBS AND WIVES
TO DESTROY YOUR WAY OF LIFE AND SPOIL YOUR KIDS
TO GIVE YOU DISEASES AND CREATE EVIL IN GENERAL
THEY WILL DO IT AND EVERYTHING ELSE AS WELL
DIRTY REFUGEES FROM
HELL

I am not an
"ILLEGAL"
Positionality, power differentials, & silenced stories
Stories that are Silenced
¿Why Cultural Adaptation?
Probability of Arrests

Years Since ODS Baseline

- Control Group
- Intervention Group
Learning from the families we strive to serve

Qualitative study (n = 83) aimed at:

a) Learning from the life experiences of Latino/a parents in Michigan.

b) Exploring the feasibility of disseminating parenting interventions among Latinos/as residing in Michigan.

c) Identifying a target Latino/a community in high need of services.


Qualitative Findings: Latino/a Immigrants

1) Adversity and Discrimination
2) Parenting Challenges
3) Parenting Needs
Adversity and Discrimination

A foreign-born father expressed:
“Discrimination is a bitter drink that you need to swallow...you have to swallow it...because you say ‘If I get rebellious or do not behave, they can throw me into jail or they won’t help me’...So, you just have to swallow that drink.”
A foreign born mother expressed:

“If I spank my kid, she cries and tells me she is calling 911. . .So, I have to stop because they can take me and put me in jail. . .It’s difficult to discipline her when she misbehaves.”
Cultural Identity and Latino/a Cultural Values

• A foreign-born mother expressed:

“Latino values is to instill in your children to be respectful of others . . . it goes in the blood what your parents teach you.”
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<th>Mean Rating</th>
<th>CAPAS-Enhanced</th>
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<td><strong>Average</strong></td>
<td><strong>4.52</strong></td>
<td><strong>Average</strong></td>
<td><strong>4.57</strong>*</td>
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* $t (6) = -.670, p = .528$
RESULTS

Intervention Satisfaction: Positive Involvement & Skill Encouragement

“I learned that I was the one who had to change, rather than expecting my child to change. Before, my son would approach me and I would evade him. Now, he approaches me and I express my love to him.” (CA mother)

“I always had problems with my daughter doing her homework. From giving 25 orders at once. Now, with the incentive chart, it is only five steps. It has helped me a lot.” (CF father)
Limit Setting

“I was not close to my children. I would only yell at them, “Do this!” “Do that!” I learned here that one thing is respect and another fear…they were afraid of me”

(CA mother)
Culture-Specific Components

CE mother:

“I need to learn how to talk to my children about racism because in many occasions my children have suffered racism…Just because they have Hispanic accent, they have experienced racism.”
Healing through Parenting: An Intervention Delivery and Process of Change Model Developed with Low-Income Latina/o Immigrant Families

J. RUBEN PARRA-CARDONA

Low-income Latinas/os are exposed to widespread mental health disparities in the United States. Most recently, a resurgence of anti-immigration narratives has led vulnerable Latina/o immigrants to experience considerable contextual stressors with multiple deleterious consequences for their overall well-being, including significant disruptions to their parenting practices. Within this context of adversity and despite the multiple benefits associated with parent training (PT) prevention interventions, the availability of contextually and culturally relevant PT interventions remains limited in underserved Latina/o communities. This paper constitutes a contribution to this gap in knowledge by presenting a model of intervention delivery utilized in the dissemination of culturally adapted versions of the evidence-based intervention known as GenerationPMTO. The proposed model also describes a process of change that we have documented in empirical research with low-income Latina/o immigrant parents who have been exposed to the adapted interventions. The manuscript is organized in four sections. First, an overview of the model is discussed, along with a brief summary of major theories. Next, the core components of the model are described, complemented by the presentation of a case study. Finally, implications for prevention and clinical intervention are discussed.

Keywords: Parenting; Parent Training; Cultural Adaptation; Process of Change; Social Justice

Latinas/os have become the largest ethnic minority population in the United States (US), however, low-income Latinxs continue to be seriously impacted by widespread...
Core Theories
- Liberation Psychology
- Critical Race Theory
- Evidence-based knowledge (Generation PMTO) and Cultural Adaptation Theory
- Attachment Theory

Informing Theories
- Experiential Family Therapy
- Contextual Family Therapy

Teaching Children and Youth to Live within Boundaries Promoting Safety

Limit Setting Monitoring & Supervision

Promoting Strengths & Nurturing Parent-Child Relationships

Positive Involvement and Skills Encouragement

Process of Change Leading to Enhanced Parenting Practices

Advocacy for Coping with Contextual Adversity and Oppression

Healing through Parenting

Embracing Culture

Promoting Biculturalism

Integrating Biculturalism in Family Life

Cultural Family Problem Solving

Embracing the Parenting Dream

Becoming Aware

Giving Good Directions

Guiding Theories

• Liberation Psychology
• Critical Race Theory
• Evidence-based Knowledge and Cultural Adaptation Theory
• Attachment Theory
• Experiential Family Therapy
• Contextual Family Therapy
Realizar una Psicología de la liberación exige primero lograr una liberación de la Psicología.

Ignacio Martín - Baró (7/11/1942 - 16/11/1989)
Critical Race Theory

- Racism is institutionalized and all individuals within racialized social systems can contribute toward the reproduction of these systems.

- Racial socialization refers to the study of “overt and covert behaviors parents use, over and above those responsibilities shared by all parents, to psychologically prepare children for success in a racially stratified American society” (Peters, 1985, p. 562).
Evidence-based Knowledge and Cultural Adaptation
Attachment Theory

• A focus on promoting **secure attachment**

• Paradoxically, as parents strengthen a secure emotional relationship with their children by engaging in nurturing and effective parenting skills, they gradually see in a different light the relationship with their own parents. In fact, it is common for parents to express that their **own experiences of success as parents constitute a precursor for understanding their parents’ deficient caregiving behaviors**. Parents also frequently report how their own parenting experiences facilitate a **process of forgiveness** for the maltreatment or neglect that they experienced as children (Parra-Cardona, 2018).
Experiential Family Therapy
Contextual Family Therapy

- Contextual family therapy highlights the importance of achieving fairness in the parent-child relationship, the need to identify detrimental transgenerational legacies, as well as the importance of promoting parental accountability as a key precursor of new legacies.

  (Boszormenyi-Nagy & Krasner, 1986)
Advocacy
NIDA parenting study

• 79 families
• Overt focus on discrimination and biculturalism.
• Enhanced advocacy approach.
• High overall retention at study completion despite current immigration context: 87% families.
• High satisfaction with the intervention.
• Increased youth’s perceived harm of drug use, increased quality of parenting practices.
A Culturally Adapted Intervention for Mexican-Origin Parents of Adolescents: The Need to Overtly Address Culture and Discrimination in Evidence-Based Practice

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Latino/a populations in the United States are negatively impacted by widespread mental health disparities. Although the dissemination of culturally relevant parent training (PT) programs constitutes an alternative to address this problem, there is a limited number of efficacious culturally adapted PT prevention interventions for low-income Latino/a immigrant families with adolescents. The current manuscript describes the level of acceptability of a version of the GenerationPMTO intervention adapted for Latino/a immigrant families, with an explicit focus on immigration-related challenges, discrimination, and promotion of biculturalism. Qualitative reports were provided by 39 immigrant parents who successfully completed the prevention parenting program. The majority of these parents self-identified as Mexican-origin. According to qualitative findings, participants reported overall high satisfaction with immigration and culture-specific components. Parents also expressed high satisfaction with the core GenerationPMTO parenting components and provided specific recommendations for improving the intervention. Current findings indicate the need to adhere to the core components that account for the effectiveness of PT interventions. Equally important is to thoroughly adapt PT interventions according to the cultural values and experiences that are relevant to target populations, as well as to overtly address experiences of discrimination that negatively impact underserved Mexican-origin populations.

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“I used to say that our children were the ones with the problem, but I realized that if we are doing things wrong, they will do things wrong as well. It’s about learning that our children are only the reflection of our actions.”

“I learned to see the chains of education we have from our parents and how we want to do the same. They made us do things with one intimidating look, but communication and respect are better. My old ways were wrong and now I am closer to my daughter.”
Discrimination

“My son was bullied by classmates at school because I am an immigrant… It got to the point of him saying that he wanted to die… We suffer by being immigrants but our children suffer even more. When we talk about this, my son tells me, ‘Mom, I know you came here to offer us a better future.’”
Immigration-related challenges

“After talking with my daughter about immigration, she told me, ‘Mom, I’m going to be a social worker when I grow up...There are too many injustices against Latinos in this country...I want to help.’
What is missing?

- **Self Advocacy:** I can speak up for myself
- **Individual Advocacy:** I speak up on behalf of another
- **Systematic Advocacy:** We speak on behalf of those who can't speak for themselves
“Give me your tired, your poor,
Your huddled masses yearning
to breathe free,
The wretched
refuse of your
teeming shore.

Send these,
the homeless,
tempest-tossed
to me,
I lift my lamp beside
the golden door!”

~ Emma Lazarus
You are carriers of hope, faith, and love!
Thank you!!

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