Coping Together: Reducing Mental Health Disparities for Latinx Families
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Purpose

- Decades of systemic oppression and the COVID-19 pandemic have led to disproportionate economic hardship as well as stark mental health disparities between Latinx groups and white individuals.  
- Further, Latinx individuals have lower access to mental health services that are culturally and linguistically appropriate.  
- Family stress represents a malleable target for intervention as it has been noted as key driver of mental health decline in Latinx immigrant families.  
- We thus set out to culturally adapt an existing evidence-based, family-level intervention, Coping Together, previously deployed in global settings and in the US with English-speaking individuals.

Methods

- Invited community leaders to listening-sessions
- Reviewed informed consent
- Facilitated sessions via semi-structured discussion guide
- Took notes on discussions
- Coded notes according to central themes & categories
- Developed a manualized adaptation
- Hosted prototyping sessions for feedback

Exemplar Qualitative Domains, Categories, & Codes

- 12 total domains were assessed (see below), each with 3 to 9 extracted categories per domain, and a total of ~175 codes

Exemplar Themes & Quotes

“Something that has stressed me out, and I know stresses a lot of people out sometimes, is looking for a job... We earn little money, we invest a lot of time to make that money, and the quality time we have for our kids is worsening. Our kids are basically growing up alone.”

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References