

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.^{1, 2, 3}
- Further, Latinx individuals have **lower access to mental health services** that are culturally and linguistically appropriate.⁴
- 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.

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



Sample domain	Sample categories within domain	Sample codes within category
Impact of stress on family dynamics, structure, and roles	Adverse mental health outcomes	Youth mental health challenges about identity development (cultural, gender, sexuality)
	Loss of connectedness	Lack of family time
	Culture-driven conflict	Conflicts over culture and language
	Parent-child relationships	Relationship distance between parents and children
	Familial roles	Increased maternal caregiver responsibilities + stress

How Findings are Informing Cultural Adaptation

COPING TOGETHER

Communication Skills

Acceptance & Commitment Based Coping Skills

Values Clarification

Conflict Resolution

Values-Driven Goal Setting

ADAPTATION IDEAS

Communication Skills

- Navigating languages used
- Affirming caregiver leadership
- Supporting youth self-efficacy

Acceptance & Commitment Based Coping Skills

Cultural Values Clarification

- Acknowledging acculturation differences
- Affirming Latinx cultural values
- Supporting acculturation decisions

Conflict Resolution

- Navigating different acculturation rates
- Foster perspective sharing and taking
- Affirming youth identity development

Cultural Values-Driven Goal Setting

Cultiva la cultura

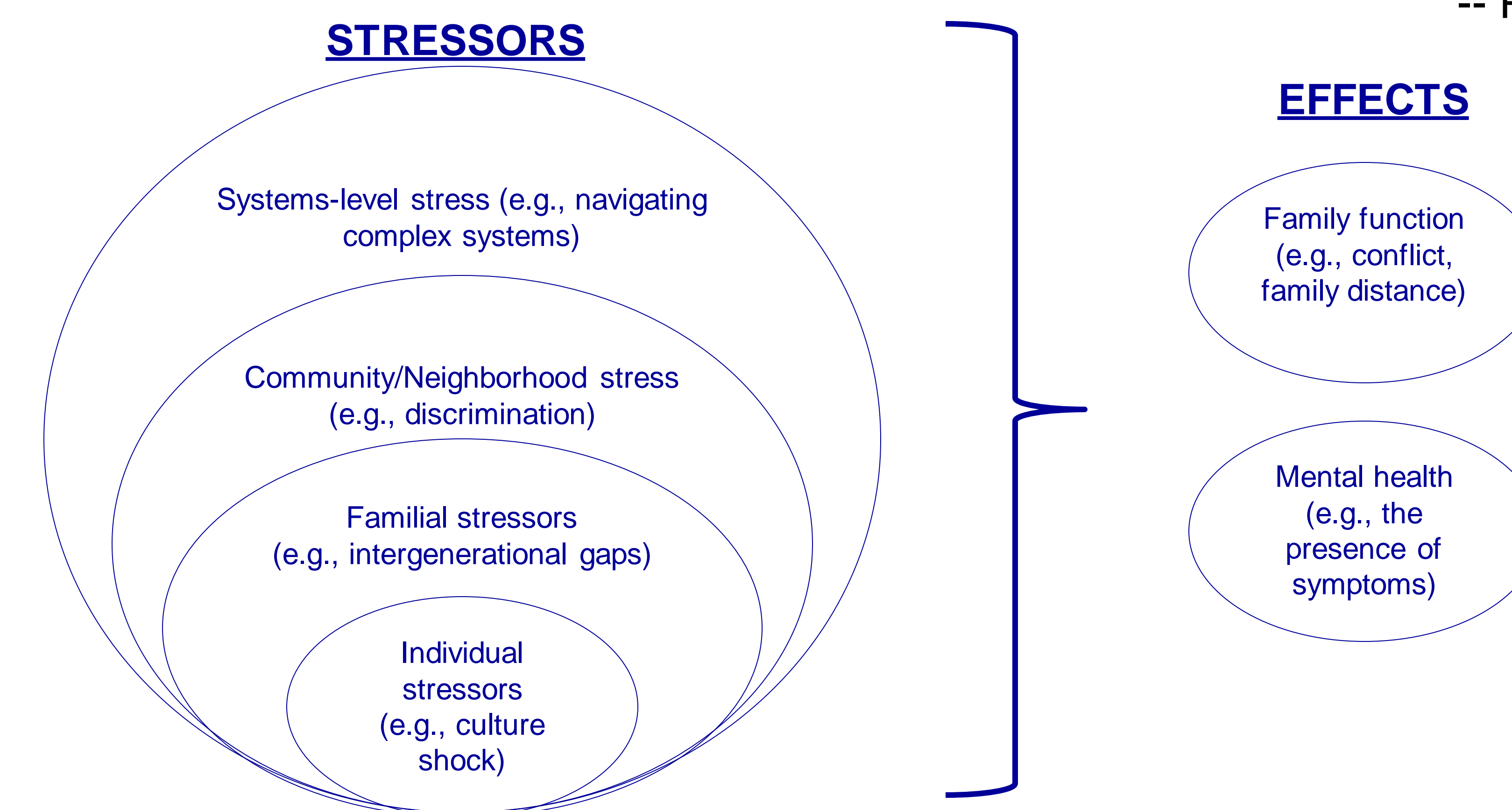
Methods



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**."

-- Participant



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References

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