

Southwestern Hispanic Concerns in Drug Abuse

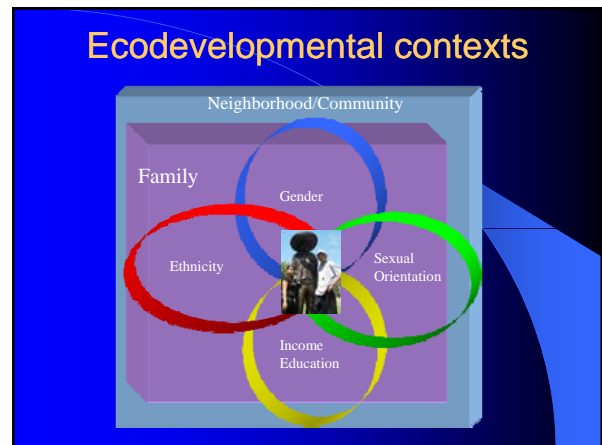
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Workshop Objectives

- Explain importance of understanding ethnic identity and negative stereotypes when working with Latino populations.
- Describe and apply a community based participatory action research approach to adolescent substance use prevention in Latino communities.

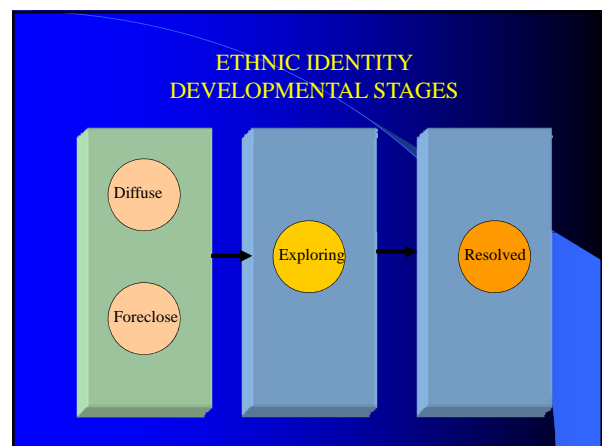
Outline

- Research on Discrimination & Ethnic Identity among Latino adolescents
- Community Participatory Action Model with small Southwestern community over past 10 years
 - South Tucson Prevention Coalition
- Adolescent substance use prevention project with a focus on positive youth development



Ethnic Identity, Family & Community

- A social identity derived from the sense of belonging to one's ethnic group membership and the associated values, behaviors
- Associated with higher self-esteem, less depressive symptoms, less risky behavior



Societal Context

- Negative stereotypes in media and community
 - Stereotypes of Latino youth are specific to substance use and risky behaviors
 - Discrimination is linked to more risky behaviors among adolescents (Romero et al., 2007a, 2007b)

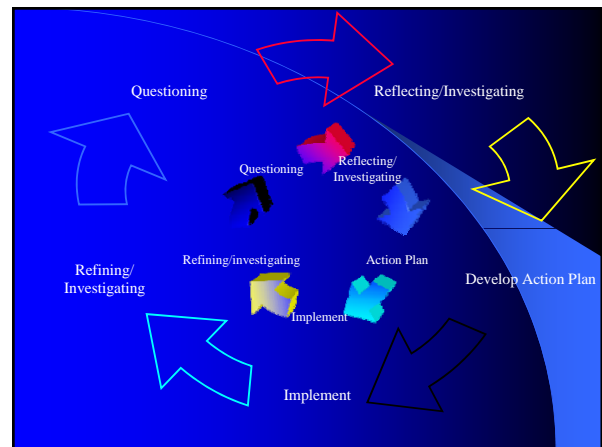
Health Promotion among Latino Youth

- Integration of community in development and implementation (Castro, 1999)
- Health behaviors differ by cultural factors for Latino youth (Felix-Ortiz, et al., 1998; 2001; Lovato, et al., 1994; Moreno, et al., 1994; Parker, Sussman, et al., 1999).

Participatory Action Research

(Cousins & Earl, 1992; McIntyre, 2008)

- Collective commitment to issue
- Self/collective reflection to gain clarity
- Joint decision to engage in action that will lead to a useful decision that benefits people involved
- Building of alliances between researchers and participants in planning, implementation and dissemination of research
- Balance between technical rigor and stakeholder needs



Southwest Latino Context

- 1 mile square city
- Small city government
- 85% Mexican descent
 - Recent immigrants
 - Families who lived in area for many generations
- 10% Native American
- High rates of poverty
- High number of liquor licenses
- Mistrust of university researchers

Existing Community Cultural Strengths

- 3 Youth Safe Havens
- Belief in their own teens
- Previous political shutdown of liquor licenses
- Weed & Seed Funding
- Strong community affiliation
- Positive Ethnic identity
- Passionate and Committed Service Providers

Community Readiness

(Oetting, et al., 2001)

- How ready is the community to change or create change?
- Dimensions
 - Existing efforts
 - knowledge of problem
 - knowledge of policies
 - Leadership
 - funding

Community Readiness

- No Awareness
- Denial
- Vague Awareness
- Preplanning
- Preparation
- Initiation
- Institutionalization
- Expansion
- Professionalization
- “its just the way things are”
- “its not OUR problem”
- anecdotes
- “not sure what to do about it”
- Information and planning
- Action is underway
- Programs/policies stable
- Expand standard efforts
- Highly trained staff, effective evaluation, leader supportive, community involvement high

South Tucson Prevention Collaborative

YOUTH OUTREACH City of South Tucson 3 Community Based Organizations Community Members	PROGRAM IMPLEMENTATION Southern Arizona AIDS Foundation Service Providers	PROGRAM EVALUATION University of Arizona Researchers
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➤ Need to integrate Latino community in development and implementation of health programs (Castro, 1999)

South Tucson Prevention Collaborative: STPC

- Monthly meetings of the Community Council ensures all stakeholders are
 - *equal participants in decision making*
 - updates on current events
 - feedback on program, interpretation of results, recruitment/retention strategies



South Tucson Community Readiness Changes First 5 Years

2000. Protested prevention programs 2001. Stakeholder Focus Groups 2002. Meet with teachers, youth, CBOs, Pilot 1 st hip hop curriculum (N=80!) 2003. Meet with city government, CBOs, and youth. 2004. 3 year SAMHSA grant South Tucson Prevention Collaborative	<ul style="list-style-type: none"> ● Denial/resistance ● Vague Awareness ● Preplanning ● Preparation ● Initiation
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South Tucson Community Readiness Changes Last 5 Years

2004-2009 STPC Drug Free Community National Night Out Y2Y 2010 Expand STPC members submit new grants Policy changes social host ordinance liquor license	<ul style="list-style-type: none"> ● Institutionalization ● Expansion
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Tips from STPC for creating and sustaining a community coalition

- All participants are equal in meetings
- Building trust over time
- Commonality around youth substance use
- Personalismo
 - Focus on developing personal relationships
 - Really get involved with each other's events and support each other
- Rotate meeting at each other's agencies

"We can't do it alone!"


"We all come together on behalf of the youth, it is what we have in common, in fact it is our passion!"

Successes

- Achieve research goals
- Y2Y Group
- Youth Research
- Policy & Civic Engagement
- Annual Community events

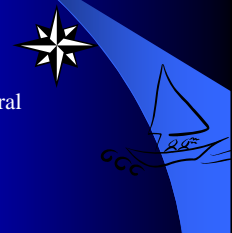


South Tucson Prevention Collaborative: Youth Curriculum



Positive Youth Development


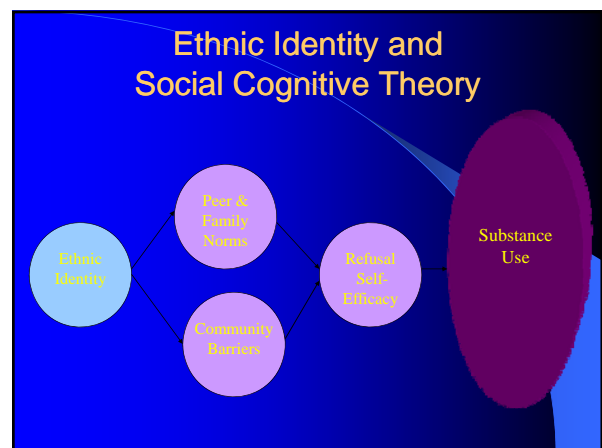
- Maintaining native culture increases resiliency of youth to negative messages about substance use
 - Pride in ethnicity
 - Knowledge of history and cultural traditions
 - Resilience to stereotypes and discrimination
 - Resolution of cultural tensions



Social Cognitive Theory




(Bandura, 1986; 1995)

- Relevant for Latino youth (Bush & Iannotti, 1997; Lalonde et al., 1997)
- Self-efficacy to refuse substances, refuse sex, use condoms
- Skill building within the cultural context
- Social Modeling by similar cultural others

Project Goals



- **Integrated Substance Use & HIV Prevention**
 - Prevent substance use and risky sexual behavior (delay onset or increase use of condoms)
 - Decrease substance use (cigarettes, alcohol, marijuana, other illegal substances)


Participatory Action Research

- **Coalition Development**
 - Movement towards ownership and action from within community
- **Survey Feedback**
 - Community Council provided specific feedback on inclusion of empowerment items and positive focus on community
- **Recruitment**
 - Art and Poster contests with Citywide Awards Ceremony
 - All participants awarded and all stakeholders attended
- **Youth Participant Recruitment**
 - Assistance of all CBOs, youth dances

Methods

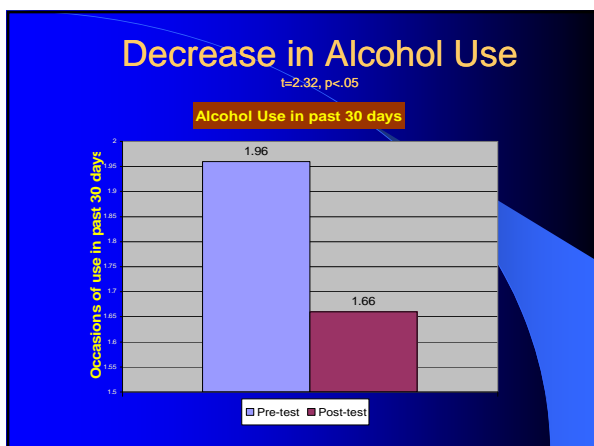
- **Longitudinal Quasi-Experimental Design**
 - Pre-test (N=125)
 - Post-test (N=105): 84% retention
 - 80% English surveys, 20% Spanish surveys
- **2 month/72 hour after-school intervention**
 - M=43 hours, range: 0-71 hours
 - 53% attended 75% or more of the lessons (32 total)



Participants

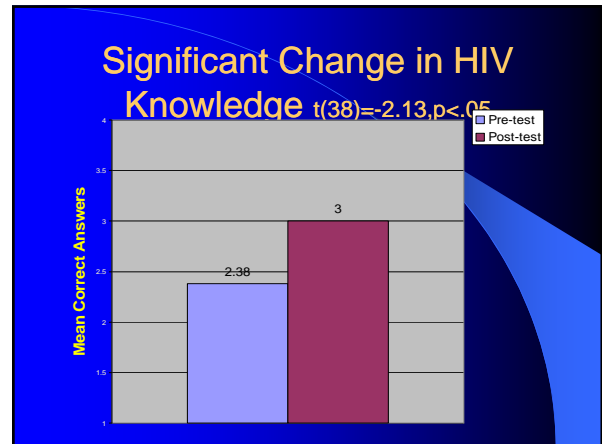
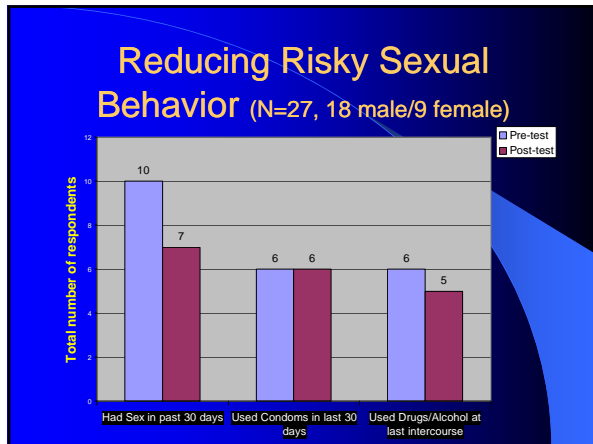



- 13-18 years old (M=15.5 years)
- 51% female/ 49% male
- 80% Mexican descent, 13% American Indian, 7% White or other
- 23% immigrant, 36% children of immigrants
- Evenly split between bilingual, English dominant, and Spanish dominant



Risky Sexual Behavior at Pre-test

- 46% (n=56) had initiated sex at pre-test
 - Average age initiated sex 13.67 years (SD=2.58)
- 23% (n=29) had sex in the past 30 days
 - 86% (n=25) of those who had sex in the past 30 days used a condom
- 10% (n=13) had sex high or drunk in past 3 months

Model Predictors

- Ethnic identity
 - Significant increase in ethnic exploration ($t=-3.81, p<.001$)
- No significant changes for self-efficacy or outcome expectancies

Review

- Importance of ethnic identity and negative stereotypes in Latino adolescent substance use
- Community Participatory Action Research Model
- Positive youth development for Latino youth includes healthy development of ethnic identity and resilience to stereotypes



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