2021 SCCAP Professional Development Series

SCCAP53.org          effectivechildtherapy.org

1

# Culturally Responsive TF-CBT via Telehealth for Latinx Youth and Families

Presented by: **Juventino Hernandez Rodriguez, PhD**; and **Bianca T. Villalobos, PhD**
The University of Texas Rio Grande Valley

Moderator: Thania Galvan, Medical University of South Carolina

SCCAP53.org          effectivechildtherapy.org

2

# Learning Objectives

1. Identify common telehealth implementation barriers and the research support behind using telehealth with Latinx youth and families.

2. Describe at least five ways to adapt traditional CBT practices to a telehealth format for Latinx youth and families.

3. Describe how to incorporate cultural considerations to enhance treatment engagement for Latinx youth and families.

SCCAP53.org                    effectivechildtherapy.org

3

# Mental Health Disparities for Latinxs

- Trauma exposure is high among immigrant Latinx youth:
  - 67% experience at least 1 trauma event in their lifetime (Cleary et al., 2018)
- Latinx youth are:
  - less likely to access mental health services,
  - less likely to receive evidence-based care, and
  - more likely to drop out of treatment compared to non-Latinx White youth (Alegria et al., 2015)
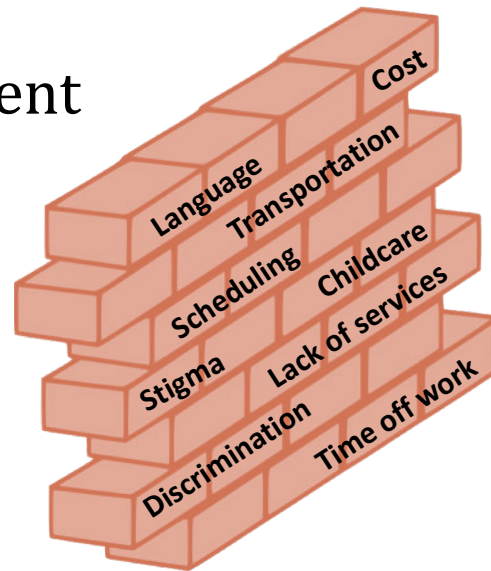
SCCAP53.org                    effectivechildtherapy.org

4

# Barriers to Treatment

- Accessibility
- Affordability
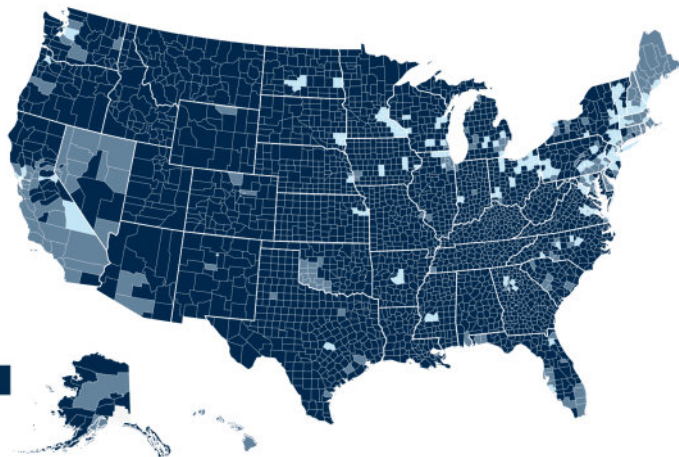- Advocacy
- Appropriateness
- Availability

(Aguilar-Gaxiola et al., 2012; Falgas et al., 2018)

Cost
Language
Transportation
Scheduling
Childcare
Stigma
Lack of services
Discrimination
Time off work

SCCAP53.org　　　effectivechildtherapy.org

5

# Workforce Shortage

- Licensed Psychologists are not representative of the US population (APA, 2015).

- Only 5.5% of Licensed Psychologists speak Spanish (APA, 2015).

None of county is shortage area　Part of county is shortage area　Whole county is shortage area

Source: data.HRSA.gov, January 2022

SCCAP53.org　　　effectivechildtherapy.org

6

## Summary:

Latinx families have more barriers accessing evidence-based mental health care.

There are few culturally-sensitive and linguistically-congruent mental health professionals for Latinx families.

When therapy is accessed, Latinx youth receive lower quality care and/or drop-out.

SCCAP53.org          effectivechildtherapy.org

7

## Telehealth Model of Care

Telehealth can increase access to evidence-based care and keep Latinxs in treatment (Luiselli & Fischer, 2016):

- Clients can connect from a variety of remote locations
- Cost-effective (e.g., travel time, transportation costs, missed work)
- Increases geographic coverage of service providers
- Reduces stigma

effectivechildtherapy.org

8

# Evidence



- Telemental health is **equally effective** as in-person treatment for children and adults, and across disorders (Barshur et al., 2016).

- RCTs for child mental health problems:
  - ADHD (Myers et al., 2015)
  - Anxiety (Himle et al., 2012)
  - Depression (Nelson et al., 2003)

- Additional pilot or non-RCT studies: https://www.div12.org/telepsychology-resources/

SCCAP53.org            effectivechildtherapy.org

9

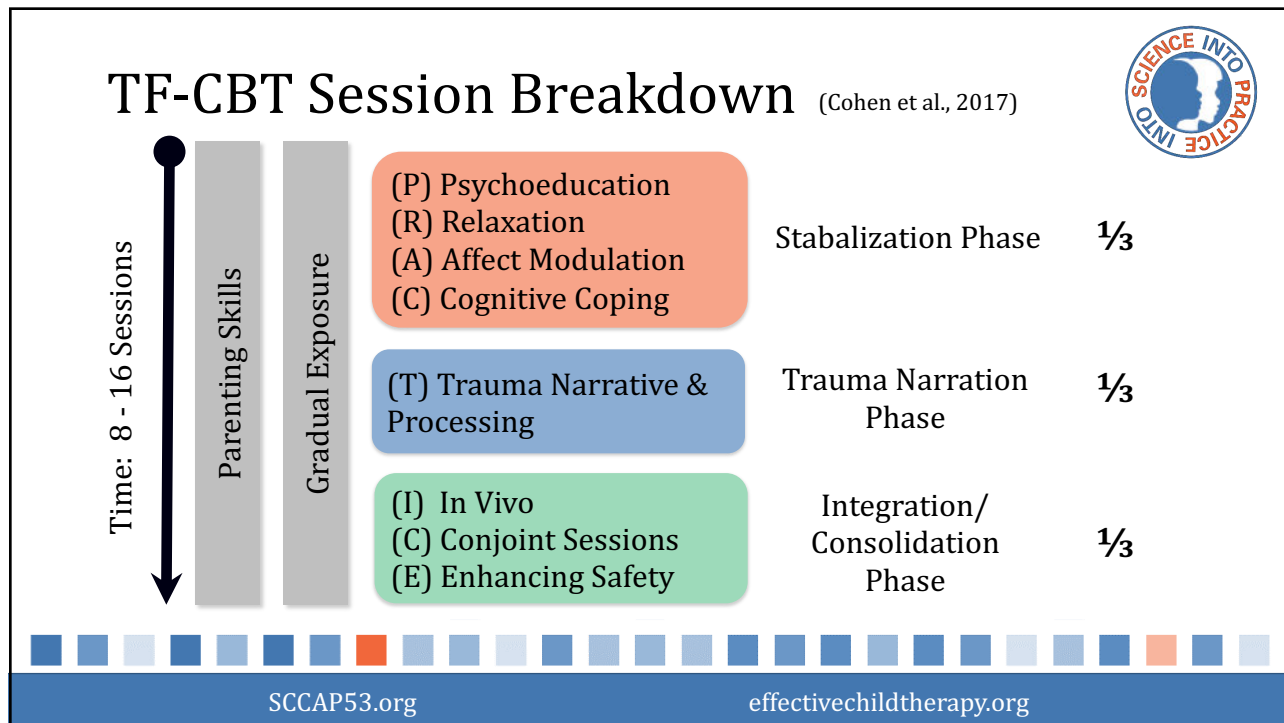# TF-CBT for Trauma Exposed Youth

- Trauma-focused Cognitive Behavioral Therapy (TF-CBT; Cohen et al., 2012) has a strong evidence base and effective treatment for trauma in children and adolescents (Lewey et al., 2018; Mavranezouli et al., 2020).

- In addition to trauma symptoms, youth exhibit decreases in depression, anxiety, and sleep difficulties (Lenz & Hollenbaugh, 2015).

- TF-CBT has demonstrated effectiveness in residential (Joiner & Buttell, 2018), community (Cohen et al., 2011), and under resourced settings in Latin America (Orengo-Aguayo et al., 2020).

SCCAP53.org            effectivechildtherapy.org

10

# TF-CBT Session Breakdown (Cohen et al., 2017)

Time: 8 - 16 Sessions

Parenting Skills

Gradual Exposure

(P) Psychoeducation
(R) Relaxation
(A) Affect Modulation
(C) Cognitive Coping

Stabalization Phase    ⅓

(T) Trauma Narrative & Processing

Trauma Narration Phase    ⅓

(I)  In Vivo
(C) Conjoint Sessions
(E) Enhancing Safety

Integration/ Consolidation Phase    ⅓

SCCAP53.org                    effectivechildtherapy.org

11

# TF-CBT via Telehealth: Initial Evidence

- **Case studies for school-based telehealth:**
  - African American youth (Stewart et al., 2019; $N$=3)
  - Latinx youth (Stewart et al., 2017a; $N$=4)
  - Rural setting (Shealy et al., 2015; $N$=1)

- **Feasibility study**  (Stewart et al., 2017b; $N$=15)

- **Tablet-facilitated application** (Davidson et al., 2019; $N$=27)

- **Community-based open pilot study** (Stewart et al., 2020; $N$=70)

SCCAP53.org                    effectivechildtherapy.org

12

**How can we transfer the tools and techniques
we use in-person to online settings?**

SCCAP53.org          effectivechildtherapy.org

13

# Tools and Resources

- https://telehealthfortrauma.com



- Dueweke et al. (2020). Resources and recommendations for engaging children and adolescents in telemental health interventions during COVID-19 and beyond. *The Behavior Therapist, 43*, 171-176. https://services.abct.org/i4a/doclibrary/getfile.cfm?doc_id=10
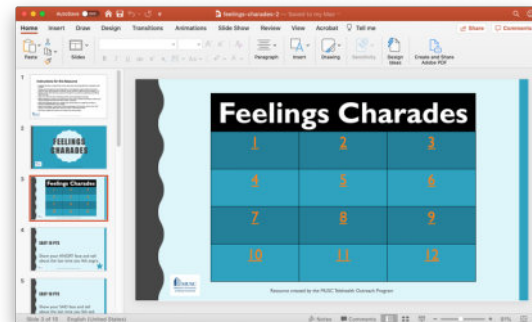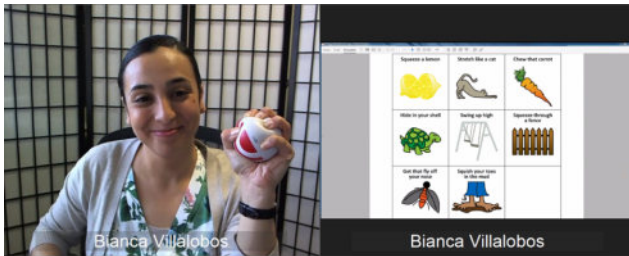
effectivechildtherapy.org

14

## Recommendation #1: Use interactive activities

- **(P)** Psychoeducation
- **(R)** Relaxation
- **(A)** Affect modulation



SCCAP53.org          effectivechildtherapy.org

15

| 1 | 2 | 3 |
| 4 | 5 | 6 |
| 7 | 8 | 9 |
| 10 | 11 | 12 |

| FOR EVERY… | | SHARE |
| --- | --- | --- |
| Red | | Tell me about a time you felt **ANGRY** |
| Brown | | Tell me about a time you felt **SURPRISED** |
| Green | | Tell me about a time you felt **EXCITED** |
| Yellow | | Tell me about a time you felt **HAPPY** |
| Blue | | Tell me about a time you felt **SAD** |
| Orange | | Tell me about a time you felt **SCARED** |

16

## Recommendation #2: Utilize physical things in the child's environment



- **(R)** Relaxation
- **(A)** Affect modulation
- **(T)** Trauma narrative

- Consider mailing items to the home or school so that the child can physically manipulate objects during sessions.
  - stress balls
  - mindfulness cards
  - bubbles
  - markers and paper
  - fidget toys

SCCAP53.org                    effectivechildtherapy.org

17

## Recommendation #3: Tailor activities to each child's interests to enhance engagement



- **(R)** Relaxation
- **(A)** Affect modulation
- **(C)** Cognitive coping
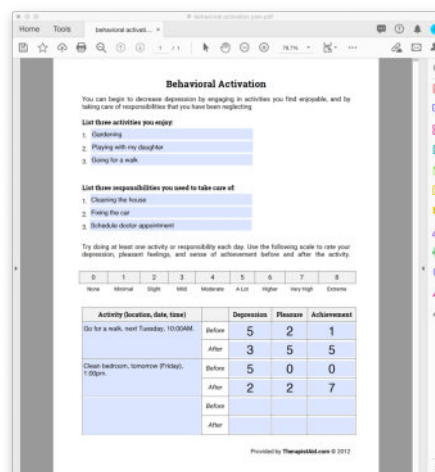- **(T)** Trauma narrative



SCCAP53.org                    effectivechildtherapy.org

18

## Recommendation #4: Adapt worksheets and activities for digital use

- All modules (**PRACTICE**)



SCCAP53.org          effectivechildtherapy.org

19

## Recommendation #5: Use technology to your advantage

- **(P)** Parenting Skills
- **(I)** In Vivo Exposures

- Teach parenting skills live when disruptive behaviors occur
- Taking telehealth device on in-vivo exposure assignments
- Chat function to send clients links to videos, webpages, and files

SCCAP53.org          effectivechildtherapy.org

20

# Cultural considerations for telehealth therapy

SCCAP53.org        therapy.org

21

# Engaging Latinxs in Treatment

- Culturally-sensitive approaches can increase Latinxs treatment engagement by increasing acceptability and meaningfulness of therapy (Alegria et al., 2010).

  - TF-CBT clinicians should incorporate cultural values and culturally-specific coping strategies to improve treatment outcomes and reduce dropout (de Arellano et al., 2012).

  - Our recommendations are based off previous work with trauma-exposed Latino youth who received services via outreach and telehealth (de Arellano et al., 2012; Nicasio et al., 2022).

SCCAP53.org        effectivechildtherapy.org

22

## Recommendation #1:
## Orient clients to culturally responsive therapy



- Stigma and mental health literacy can impact whether clients decide to stay in therapy
  - Ask about beliefs related to mental health, therapy, and resilience
- *Respeto* and *simpatía* can keep some families from openly voicing concerns or disagreement
  - Give clients permission to provide feedback

SCCAP53.org                    effectivechildtherapy.org

23

## Recommendation #2:
## Assess and incorporate cultural values into therapy

- Assess shared family values and client-specific values/identities
- Approach/style
  - Development of trust and building rapport via telehealth – *Personalismo* to develop *Confianza*
  - Telehealth communication style – *Respeto*
- Enhancing therapy
  - Family involvement in telehealth – *Familismo*
  - Incorporating religious beliefs – *Spiritualismo*



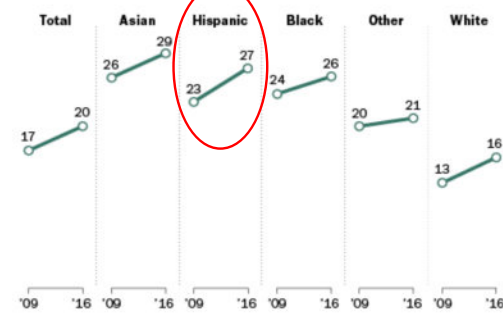SCCAP53.org                    effectivechildtherapy.org

24

## Recommendation #3:
## Assess acculturation and differences between caregiver and youth

- Multigenerational/multifamily households
- Consider how acculturation differences can impact family dynamics
- Therapist can be a cultural broker between caregiver and youth
- Shared culturally-focused activities can help enhance understanding and communication

**Whites less likely than other racial and ethnic groups to live in multigenerational households**

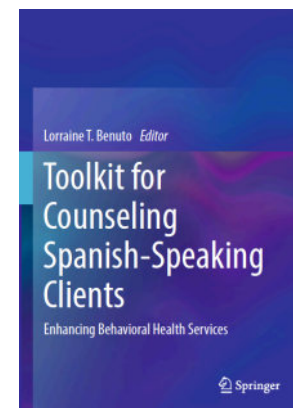*% of population in multigenerational households*

PEW RESEARCH CENTER

SCCAP53.org          effectivechildtherapy.org

25

## Recommendation #4:
## Assess language proficiency, preference, and patient-caregiver language discordance

- Youth and parents can have different language preferences
- Consider the structure of conjoint sessions to accommodate languages
- Some clients may speak indigenous languages (e.g., Mam, K'iche')
  - Interpreter services
  - Translation apps

Lorraine T. Benuto  *Editor*

**Toolkit for Counseling Spanish-Speaking Clients**

Enhancing Behavioral Health Services

Springer

SCCAP53.org          effectivechildtherapy.org

26

## Common Cognitive Behavioral Therapy Tools

- Self-report measures
- Self-monitoring forms and thought records
- Client worksheets
- Activity scheduling for behavioral activation
- Writing on a whiteboard
- Creating exposure hierarchies
- Instructions for relaxation techniques
- Handouts for psychoeducation
- Safety plans

**Many CBT tools require some degree of literacy for clients.**

SCCAP53.org             effectivechildtherapy.org

27

## Literacy Considerations: Trauma Assessment (UCLA PTSD Reaction Index for DSM-5)



28

## Literacy Considerations: Symptom Measures (PHQ-9)



29

---

## Recommendation #5:
## Use technology to enhance cultural relevance

- Adapt therapy materials to be more representative of your client and their community
- Incorporate the client's own words/phrases into handouts
- Include images that resembles the physical and cultural characteristics of the child
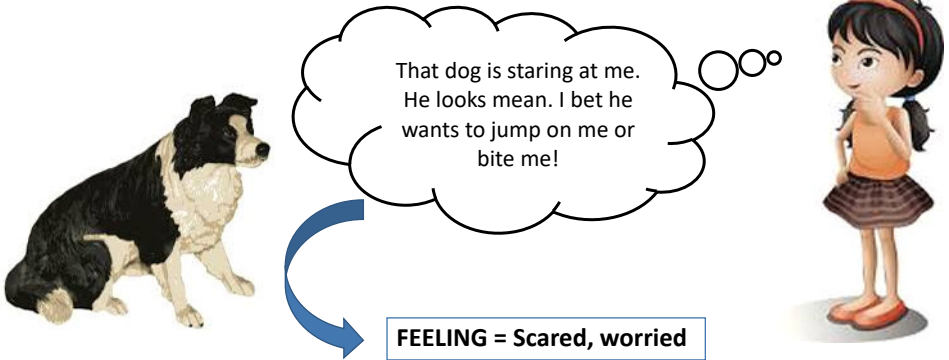
# Thoughts ➡ Feelings!

What feelings would follow this thought?



That dog is staring at me. He looks mean. I bet he wants to jump on me or bite me!

**FEELING = Scared, worried**

Resource created by the MUSC Telehealth Outreach Program

SCCAP53.org                    effectivechildtherapy.org

31

---

# Remember...

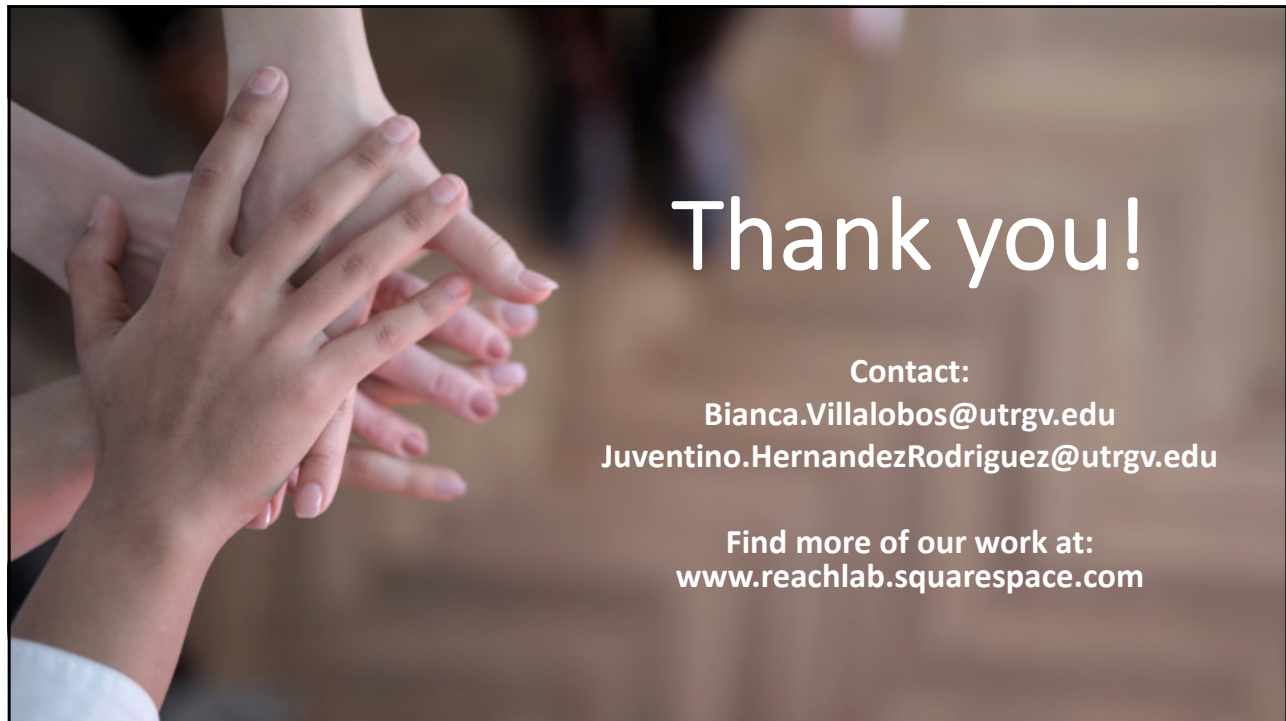Telehealth can address barriers that Latinxs have when accessing traditional office-based services.

Therapy tools can be adapted for use online. Be creative and know your technology.

Cultural and linguistic factors will impact your approach to telehealth with Latinx clients.

Share your ideas and resources with others!

SCCAP53.org                    effectivechildtherapy.org

32

# Thank you!

**Contact:**
**Bianca.Villalobos@utrgv.edu**
**Juventino.HernandezRodriguez@utrgv.edu**

**Find more of our work at:**
**www.reachlab.squarespace.com**

33

# Audience Questions and Answers

**Submit a question during the webinar:**

• Post your questions for the Q&A segment! On right side of screen, click on the Questions tab on the Go-To-Webinar control panel, and submit your questions

**Continue the conversation after the webinar in the SCCAP53 Listserv**

**Up coming webinars**:

Internship Panel Discussion July 2022

Clinical Practice institute  July 8, 15, 22

Smith Excellence in Assessment Webinar by Eric Youngstrom PhD  Free SCCAP member CE

SCCAP53.org                    effectivechildtherapy.org

34

# Source Citation for this Presentation

**With website link**

Hernandez Rodreguez, J., Villalobos,B.T., (2022). *Culturally Responsive TF-CBT via Telehealth for Latinx Youth and Families* [PowerPoint slides]. Retrieved from
https://sccap53.org/resources/education-resources/webinars/

**Without website link**

Hernandez Rodreguez, J., Villalobos,B.T., (2022). *Culturally Responsive TF-CBT via Telehealth for Latinx Youth and Families* [PowerPoint slides]. Webinar sponsored by the Society of Clinical Child and Adolescent Psychology, Division 53 of the American Psychological Association.  New York, NY.

SCCAP53.org                                        effectivechildtherapy.org

35