



# Why Hispanic youth stay in psychotherapy: Factors that influence participation in evidence- based trauma treatment

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# Background

- Post September 11th attack on the World Trade Center need assessment for mental health services suggested Hispanic youth were at greatest risk for post-traumatic stress development (Hoven et al., 2002)
- Historically psychotherapy services are underutilized by Hispanic/Latino families (Algería et al., 2002; USDHHS, 2001; Zhang & Snowden, 1999)



# Introduction

- Families within this study were traumatically impacted by the September 11 attacks on the World Trade Center and/or the crash of American Airlines Flight 587 bound for the Dominican Republic at Belle Harbor, Queens



# Methods

- Data collected between 2003 - 2004
- Eight focus groups were held in New York City of Hispanic families
- Parents/caregivers (n=21)
- Youth (n=30)
- Youth received evidence-based trauma treatment through the Child and Adolescent Trauma Treatment Services (CATS) Consortium



## Methods (cont.)

- All four parent/caregiver focus groups were conducted in the appropriate Spanish dialect for the participants, audio-taped, translated, and transcribed into English
- All four youth focus groups were conducted, audio-taped, and transcribed in English



# Results

## ● Barriers

- ☞ Concrete
- ☞ Perceived

## ● Success

- ☞ Characteristics of therapist
- ☞ Importance of setting climate

## ● Treatment success defined

- ☞ How caregivers view success
- ☞ How teens view success



# Discussion

- Relationship between therapist, youth, and caregiver most important
- Caregivers and teens may have different needs which impact therapeutic relationship
- In addition to the availability of evidence-based practices, what matters most is the way in which services are delivered



# References

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