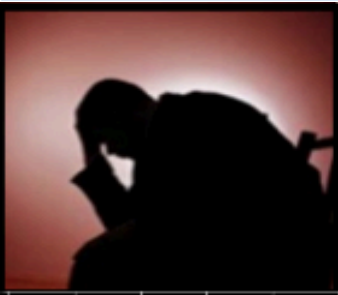
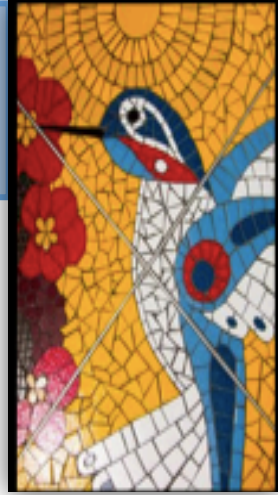


Assessing the Mental Health Needs of Latino Youth in the Fruitvale Neighborhood of Oakland



Purpose:
To understand the mental health needs of Latino male youth ages 11 to 18 who live or go to school in Fruitvale.

Acknowledgements

Youth participants from:
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Lazear Elementary School

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Aims of the Assessment:

- ❖ Examine impacts of violence
- ❖ Understand coping strategies
- ❖ Learn about the current mental health services
- ❖ Learn about barriers to accessing mental health services
- ❖ Gather opinions about how existing mental health services can be improved
- ❖ Explore additional mental health services needed
- ❖ Collect opinions about an ideal mental health service program



Participants

Latino male youth ages 11 to 18, community based mental health providers and community members from Fruitvale.

Methods

Three focus groups and four in-depth key informant interviews.

What was found

1. Stigma is barrier to accessing mental health services.
2. Youth experience anxiety, fear and hyper vigilance.
3. Differences in access to community and medically based mental health services.
4. Culturally relevant services and professional development in gang culture is needed.
5. Youth deal with stress caused by violence by talking to people they trust.
6. Some youth engage in negative (substance use) and positive (sports) recreational activities to deal with stress.
7. There are other issues in Latino youth's lives that affect their mental health besides violence.

What is recommended

1. De-stigmatize mental health through outreach services.
2. Provide more safe spaces for Latino male youth to maintain positive mental health.
3. Offer mental health services as part of the Latino male youth's routine in school.
4. Make requirements to receive mental health services more inclusive and accessible.
5. Advocate for an increase of existing funding for mental health services.

