Serving the Ventura County Mixtec Community with Promotoras and the Triple P – Positive Parenting Program

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What is Triple P?

Triple P – Positive Parenting Program

Triple P is an evidence-based public health approach for improving parenting practices and child welfare outcomes within a population.

• Promoting positive relationships
  Brief quality time, talking to children, affection

• Encouraging desirable behavior
  Praise, positive attention, engaging activities

• Teaching new skills and behaviors
  Modelling, incidental teaching, ask-say-do, behavior charts

• Managing misbehavior
  Ground rules, directed discussion, planned ignoring, clear, calm instructions, logical consequences, quiet time, time-out

Skills are taught using modeling, practice, and self-reflective exercises.
Parents select skills to improve and child behaviors to monitor.
Triple P Interventions in Prevention and Early Intervention

- Group Lifestyle
  - Nutrition
  - Activity
- Stay Positive
  - Destigmatization
  - Normalization of Parent Ed
- Group Lifestyle
  - Nutrition
  - Activity
  - Parenting

Promotion of Social-Emotional Competence and health behaviors

For Every Parent

Universal messages promoting parent education
- Decreasing family risk
- Factor and parent skill building
- Addressing behavior problems early

Standard, Group, Pathways
- High intensity services
- DSM 5 Diagnoses

Evidence-based practices using parents as agents of change

Low intensity services
- Broad outreach

Five Levels of Triple P Intervention

1. Universal Triple P/Stay Positive
   - Media-based parenting information campaign

2. Seminars/Brief Primary Care (single sessions)
   - Information/advice for a specific parenting concern

3. Primary Care/Discussion Groups (1-4 sessions)
   - Narrow focus parenting skills training

4. Standard/Group/Self-Directed/Triple P Online
   - (8-10 sessions) Broad focus parenting skills training

5. Enhanced/Pathways/Lifestyle/Transitions
   - (3-14 sessions) Behavioral family interventions

Five Levels of Intervention

- 140 Evaluation Studies
  - 9 Meta-analyses
  - 13 Single subject designs
  - 3 Population-level trials
  - 43 Effectiveness/service-based trials
  - 70 Randomized Controlled Trials

- 17,577 Families included
- 460 Researchers
- 129 Institutions
- 14 Countries

- 43% Independent evaluations
- 25% Developer led

- ↓ Out of home placements
- ↓ Child abuse reports
- ↓ Child injuries/ER visits

Five Levels of Intervention

- For Every Parent
- Stay Positive
- Group Lifestyle
- Standard, Group, Pathways
- Low intensity services
- Broad outreach

Breadth of Intervention

(less intensive interventions can reach an entire population)
Evidence-based Practice Acknowledgements

- California Evidence-Based Clearinghouse for Child Welfare
  [http://www.thebuildonguide.org/program/triple-p-positive-parenting-program/]
- National Registry of Evidence-Based Practices (Simpson)
- Blueprints for Violence Prevention
  [http://blueprints.simpsonresearch.org/programs/promisingprograms/BPP10.html]
- Office of Justice Programs, Crime Solutions
  [http://crimesolutions.gov]
- National Registry of Evidence-Based Practices (SAMHSA)
- California Evidence-Based Clearinghouse for Child Welfare

Evidence Base

- For parents of children 0-16 years
- Families along a continuum of child rearing needs including those with:
  - Normal developmental concerns
  - Internalizing and externalizing disorders
  - Developmental delays
  - Separation or divorce
  - Children who are overweight/obese or at risk for elevated BMI's
  - Families from many cultures, socio-economic groups, and different family structures

27 Countries

Who Practices Triple P?

- Providers from diverse backgrounds & skill level can complete Triple P training (Seng et al., 2006)
- No one discipline or credential is mandatory. Triple P is an inclusive system
- Currently there are over 9000 trained practitioners in the US
- Workforce skill set and workplace setting determine level of intervention:
  - Self-help
  - Paraprofessionals
  - Licensed professionals
  - Mental health providers
  - Alcohol & substance abuse treatment providers
  - Domestic violence treatment providers
  - Child care providers
  - Early childhood educators
  - Primary/Secondary school educators
  - School mental health providers
  - Physicians, nurses, NPs
  - Juvenile justice staff
  - Children's librarians
  - Child welfare staff
  - Foster parents
  - Faith-based providers
  - Social service providers
  - State and local social support workers
  - WIC providers
Promotoras
(AKA Community Health Workers, peer leaders, navigators, or advocates)

US Dept of Health and Human Services, Office of Minority Health, Promotores de Salud Initiative

- Promotoras reach vulnerable, low income, and members of underserved Latino/Hispanic populations and indigenous populations
- Promotoras support health education and prevention efforts and access to health insurance programs.


CA Mental Health Services Oversight and Accountability Commission Prevention and Early Intervention Action Plan

- Efforts to improve timely access to services for underserved populations
- Collaborate, as a priority strategy, with systems, organizations, and individuals who have not traditionally been considered part of the mental health delivery system.
- Prevention focus area: Parent Education and Family Support

http://www.mhsoac.ca.gov/MHSGAC_Publications/docs/Child_Youth_Families_PEDir3Yrs_052413.pdf

Ventura County’s Indigenous Community

Mixteco/Indígena Community Organizing Project

Irene Gómez, Program Manager
Norma Gómez, Project Manager

Disclaimer!

In this presentation, we will try to provide insight into some shared experiences of indigenous immigrants in VC, but these are generalizations and will not apply to everyone.
Indigenous in Ventura County

Over 20,000 indigenous Mexicans live in Ventura County. Of these, 17,000 work in agriculture. The biggest group is the Mixtec community. There are also Zapotes, Purepecha, and others.

Who are the Mixtec people?

- Mixtecs are a 3,000 year old civilization that predates the Spanish invasion.
- Mixtecs are the "Ñuu Savi," people of the rain. The language is "Tu’un Savi"
- Mixtec is from the Nahuatl word "Mixtlan" = place of the clouds
- Ancient Mixtecs used logographic writing, meaning that pictures represented complete words and ideas

Where are Mixtecs from?

- Guerrero, Oaxaca, and Puebla, Mexico
- Mixtlan = Place of the Clouds
- Ñuu Savi = People of the Rain
Mixtec Immigration Patterns

1930-1960
To Southern Mexico: Chiapas, Veracruz, Puebla,
To Northern Mexico: Sinaloa, Ensenada B.C., Tijuana, Jalisco

1945-1970
To the US under the Bracero Program

1970-1980
Many received legal status through IRCA of 1986

1990 – Today
Migrating to California, Oregon, Washington state, New York, Florida,
Atlanta, Chicago, Texas, New Mexico, Utah.

Mixtec Community

Cultural Beliefs:
• The role of women vs. the role of men
• The Mother figure
• Tiviñu'u (your reputation in the society)
• Women must stay with their husbands

Religion:
• Marriage
• Be with our husband forever

Reasons for Fear:
• New immigrants
• Limited education
• Language differences
• Low self-esteem
• Economic barriers

Indigenous families in CA

• Life is Oxnard is very different from village life. Families are adjusting to US systems of education, medicine, bureaucracy.

• Many people are still very connected to their home village, sending money home and participating in village associations here.

• Many Mixtecs speak primarily Mixteco. Literacy is a challenge mainly women.
Farm Labor

• Farmwork is very seasonal and very poorly paid. Many farmworkers earn less that $15,000 - $20,000/year for seasonal work.

• Housing is very difficult to find and very expensive.

• Farm labor as it is practiced in the US is often unfamiliar to many Mixtecs. Women in particular are unaccustomed to leaving children in 12-hour/day daycare.

• Discrimination

MICOP: The Mixteco/Indígena Community Organizing Project

• Mixtec-, Spanish- and English-speakers uniting to aid and encourage the empowerment of the indigenous immigrant community in Ventura County.

www.mixteco.org
805 483-1166

Mixtec Leadership in MICOP

• Indigenous Leadership Committee (El Comité)
• Board of Directors
• Coordinating Committee
Uniting the Mixtec Community

• MICOP’s Monthly meetings attract 150-250 families each month. Led by the Mixtec Advisory Committee, meetings include literacy class, food and diaper distribution, cultural celebrations, and speakers. Volunteers regularly help at meetings!

Improving Language Access

• 52 Interpreters trained in professional standards, Advanced Medical Terminology, and Palliative Care.
• Deployed to sites throughout Oxnard Plains and into Los Angeles.

Advocating for our rights

MICOP unites indigenous leaders to create social change. Immigration reform, increased academic resources, and improved access to resources are our primary focuses.
¡No me llames Oaxaquita!

- Indigenous people face significant racism, the result of centuries of discrimination. Adults experience it in the workplace/fields, children in the schools.

- "Oaxaquita" and "Indito" are frequently-used derogatory terms.

- Racism results in shame for being Mixtec. Children often lose their indigenous language and do not understand their heritage.

- MICOP’s Comite and Tequio leaders have challenged this racism. Our Resolution for Respect of Indigenous Peoples was passed in Oxnard, Rio and Hueneme School Districts, prohibiting “Oaxaquita” and promoting cultural education.

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Supporting Mixtec families

- MICOP has case managers in Oxnard, Hueneme, and Rio First Five centers who provide case management services to Mixtec families. They also assist families with written materials and with accessing resources.

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Parent Education Classes

Bebe Sano and Aprendiendo con Mama/Papa

**Bebe Sano:**
Teaches infant safety and health: thermometers, Tylenol, breastfeeding, outlets, carseats.

**Aprendiendo:**
Teaches parents to stimulate children’s development with singing, reading, crafts, activities.
Promoting Language and Culture

Supporting Mixtec Women

• Domestic violence accompaniment

• Learning to Live with Love workshops

• Financial Literacy classes

Encouraging Mixtec Literacy

• Literacy classes taught by volunteers four nights/week for all levels.

• Women’s basic literacy classes taught in school centers.

• Opportunities for receiving Mexican elementary and secondary graduation equivalencies.
Join Us!
• Baile Indigenous Radio Project April 12, 2014
• Mixteco/Indigenous Conference April 25, 2014
  • Backpack Distribution
• Noche en Oaxaca – Fundraising event
  • Community Meetings
  • Literacy Tutoring
  • Youth Engagement and support

JOIN US ON FACEBOOK or MIXTECO.ORG
SIGN OUR CONTACT PAGE!

¡Xa’a Bindo!
Thank you!
¡Gracias!

Q & A

Overcoming Barriers
Beginnings of Triple P Groups with the Mixteco/Indigena Population in Ventura County

- Up until 2012, the Triple P program in Ventura County had not been accessible to the Mixteco/Indigena community.
- Through Community Meetings, a collaborative relationship was developed with Promotora, Irene Gomez.
- MICOP Promotoras organized groups and called Mixteco community members to invite them.
- Attendance in the first couple groups drastically dropped after the first session.
- As of now, 8 successful Triple P groups with the Mixteco community have been completed.

Barriers Encountered in Group....

- There is no written form of indigenous languages
- Triple P written material is impractical
- Even if Spanish is spoken, comprehension of complex concepts is difficult
- Certain words/concepts don’t exist in the Mixteco language

What HAS WORKED?

- Collaboration with leaders in the Mixteco/Indigena Community: Promotoras
- Using non-traditional outreach methods
  - Walking Billboards; Word of Mouth
  - Calling parents who are already receiving services from the Promotoras
- Use of videos to convey the message and role plays
- Ensuring their understanding of the concepts being discussed
  - i.e. the concept of “Giving Attention”
- Debrief with Promotoras on finding different ways to convey the message
- On occasions, have their children in the class to actively practice the strategies learned
- Validate the issues they bring up
- BE FLEXIBLE!
“Where there’s a WILL, there’s a way..”

Mission

Our mission is building stronger families and communities through advocating for education, skill building, and breaking down barriers.

- Increase Knowledge in the Community
- Reduce Stigma
- Emphasize mental health preventive nature
- Increase Cross Referrals
VCBH – Reaching Underserved Populations with Contractors

- RFP for Community Coalitions
- Community Coalition for Stronger Families, including MICOP
- Provided training through CIMH - Mental health training for Mixtec Health Promotores to reduce stigma and other barriers to seeking services
- Cross Training with Triple P provider to provide translation
- Participated in ongoing TA on developing Logic Model
- Outreach & Engagement - discussion groups on the effects of violence on the mental health of the Mixtec community

- Education - Presentation for partners and community agencies about Mixtec mental health needs, culture, and community
- Violence Prevention - Developed culturally appropriate training curriculum with The Partnership for Safe Families & Communities of Ventura County

- Next Steps:
  - Promotores trained in Primary Care – Level 3 in Spanish to utilize the model on their own in the community.
  - Goal: Fiscal Year 14/15

Thank You! For more information...

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