

Strengths Based Work with Latino Families

Program Description

Although every family is unique, culture has a significant impact on our values and beliefs. Providers will develop ideas for an agency plan for how to reach out to the Latino community, adapt existing programs to be culturally sensitive, and develop new programs to meet community needs.

Learning Objectives:

Upon Completion of this workshop, participant should be able to:

- Explain at least one cultural norm that has or is interfering with progress on clients' goals;
- Describe typical cultural strengths of Latino families;
- Examine how to address specific community needs in a culturally competent way;
- Demonstrate understanding that generalizations about a culture do not apply universally to every member of that community;
- Discuss a plan for better serving Latino families.

Target Audience:

Professionals who work in public health, parent education, mental health or substance abuse who have limited knowledge or experience working with Latino families in a professional role

Contact Hours:

2.0 to 4.0 contact hours

Agenda:

☒ Building on Strengths

- ❖ extended family involvement
- ❖ desire/respect for education
- ❖ ability to provide fluency in Spanish
- ❖ biculturalism
- ❖ community word of mouth

☒ Addressing Needs

- ❖ need to feel welcomed and be welcoming
- ❖ desire for face-to-face communication
- ❖ time issues
- ❖ not understanding what's dangerous (need to refocus from illness as biggest risk to safety as biggest risk)
- ❖ finding community resources and information on child development
- ❖ translation
 - forms

- confidentiality/privacy
- working with interpreters (prep interpreter for expectations, look at parent not interpreter, listen to parent's tone and watch nonverbal communication, how you talk)
- having bilingual staff
- partnering with other community agencies

✦ Getting Concrete

- ❖ show don't tell (the respectful yes)
- ❖ CAR to build language skills
- ❖ positive directions and choices (respect not fear)
- ❖ parents as advisors, more knowledgeable
- ❖ having routines
- ❖ literacy in Spanish
- ❖ Developing Your Plan

Faculty

Rachel Galanter, MPH, is Exchange Family Center's new Executive Director. A NC Parenting Education Network certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, Anger Management and Bio-feedback to help families address the stress and emotional issues that can be barriers to making change. She employs proven models—Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to help families transform and to improve relationships between caregivers and children. Rachel is currently a training consultant with UNC-CH School of Social Work's AHEC Training Partnership. Since 2002, she has served as a task supervisor or field instructor for students in the MSW program at the School of Social Work. A member of the Motivational Interviewing Network of Trainers, she provides training and coaching to professionals on parent engagement, coaching, and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now four grandchildren) to her family from that time.