

Using Triple P with Underserved Mixteco/Indigenous Populations in the Child Welfare System



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Background

- * Over 20,000 indigenous Mexicans live in Ventura County ; California.
- * Of these, 17,000 work in agriculture.
- * The biggest group is the Mixtec community; there are also Zapotecs, Purepecha, and others.
- * Most migrate from the states of; Oaxaca, Guerrero and Puebla Mexico.
- * Linguistic and cultural isolation in this population is a main barrier when accessing social and health services and interfacing with the child welfare system.
- * Implementation of Triple P services has been possible with valuable collaboration from Indigenous Community *Promotoras* (AKA Community Health Workers, Advocates, Peer Leaders, Navigators). As of 2012, Triple P was not accessible to the Mixteco/Indigenous community. As a results of a county wide effort, 9 successful Triple P groups have been accomplished.



Objective

The objective of this project was to increase the participation of the Mixteco/Indigenous population in available Triple P services.

Methods

A county wide effort was initiated between community organizations, with the purpose of:

- Build stronger families and communities through advocating for education, skill building and breaking down barriers.
- Reduce mental health stigma.
- Emphasize mental health preventative nature.
- Increase cross referral between community agencies.

Community Coalition for Stronger Families efforts towards the Objective:

- **Provided Trainings:** Mixteco *Promotoras* were trained to reduce stigma and other barriers to seeking services.
- **Cross Training:** With Triple P Accredited provider to provide effective interpretation.
- **Outreach & Engagement:** Discussion Groups on the effects of Violence on the Mental Health of the Mixteco/Indigenous Community.



This effort became known as:

The Community Coalition for Stronger Families

CCSF

Results

Barriers encountered when facilitating Triple P groups with the Mixteco/Indigenous Community:

- There's no written form of indigenous languages.
- Triple P written material is impractical.
- Even when Spanish is spoken, comprehension of complex contexts is difficult.
- Required documentation to enroll in the group was incomprehensive.
- External barriers decreased attendance; i.e. economic hardship, migration, domestic violence, discrimination, stigma about receiving services.

WHAT WORKED?

- Training *Promotoras* on Triple P concepts.
- Using non-traditional outreach methods; "Word of Mouth."
- Debriefing with *Promotoras* on experiential ways to convey the Triple P message.
- Having their children in class to actively practice Triple P concepts.
- Validate their external concerns; i.e economic hardship.
- Continued collaboration with *Promotoras*; i.e. Mixteco/Indigenous Radio; broadcasting about Triple P.

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