Ni de Aquí, Ni de Allá
Latinas in Philadelphia
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WOAR

- Founded in 1971
- Only sexual violence center in the city
- Consists of Education, Community Outreach, and Direct Service departments
Latin@s in Philadelphia

- 14.1% of Philadelphia residents are Latinx
- 121,643 are Puerto Rican or of Puerto Rican descent
- 15,531 are Mexican or of Mexican descent
- 46,507 people are of other Latinx descent
Barriers to Services

- Lack of documentation
- Fear of ICE & Police
- Unfamiliar with medical/mental health professionals
- Bad experiences in the past
- Financial obstacles
- High needs outside of mental health services
Common Experiences of Adolescent Latinas

- “Resilient” over achievers
- Parentification
- Extension of their family members
- Reunification
- Violence at the border
- Acculturation Stress
- Self harm
Common experiences of Latina mothers

- Young Motherhood
- Large families
- Religion
- Macho culture
- Awareness of their own trauma
- Secure Employment
- Family Reunification
- Separation of family pre and post migration
- “Forced” services
Barriers to Collaborative Engagement

- Perceived lack of support during treatment
- Family loyalty
- Distrust in mental health services
- Shifting of family dynamics
Suggestions for best practice

- Family integration
- Individual services for family members
- Psychoeducation around trauma and abuse
- Appropriate staff
- Flexible services
- Ask what the needs are!
Resources