SOCIAL SUPPORT & MENTAL HEALTH IN MEXICAN WOMEN
My Research

- Migration and health for Mexican origin families
- Binational perspective
- Maternal and child health

- **Health outcomes:** depression, emotional distress, birth outcomes, early childhood nutrition, child health
Mexican mothers

**STRESSORS**
- Family separation
- Instability associated with having an absent spouse
- Provide support to many family members
- Challenges of childrearing

**STRESS OUTCOMES**
- High rates of depression in women
Mexican mothers

**STRESSORS**
- Family separation
- Instability associated with having an absent spouse
- Provide support to many family members
- Challenges of childrearing

**MEDIATORS**
- Social Support
- Coping Techniques

**STRESS OUTCOMES**
- High rates of depression in women
MESA project (Mujeres En Solidaridad Apoyándose)

- Lay community health program
  - 7 promotoras

- Train-the-trainer model
  - 5-day training
  - 5-week intervention

- Evaluation data collection
  - Before 1st weekly session
  - After 5th weekly session
MESA Curriculum

Session 1
- Introduction and Group Norms
- Sharing Migration Stories

Session 2
- Stress: Causes, Symptoms, and Coping Methods
- Active Listening Techniques

Session 3
- Presentation by Local Psychologist: Definitions of Depression, Anxiety, and Addiction

Session 4
- “Listen, Advise, Support” Model
- Addressing Automatic Thoughts

Session 5
- Role Plays
- Evaluation and Celebration
Key variables

Social Support

Depressive Symptoms
Results

- **Quantitative findings:**
  - Increase in social support
  - Decrease in depressive symptoms

- **Qualitative findings:**
  - Benefit of mental health education
  - Group experience seen as positive
  - Wanted more on parenting and family communication strategies
Why is this relevant to the Brandywine YMCA?

**Latina immigrants**

- Lack of family support
- Social and linguistic isolation
- Instability for many immigrant families
Why is this relevant to the Brandywine YMCA?

- Importance of community-based organizations to immigrant families
- Stressors → Mediators → Outcomes
- Combine parental support programs with children’s activities
- Program evaluation
Thank you!

☐ Any questions?

☐ Want to learn more?


☐ Email me - hedelblute@wcupa.edu
Extra slides
Stress Process Framework

Stressors
- Life events
- Chronic Strains

Stress Outcomes
- Physical morbidity
- Psychological morbidity
- Mortality
Stress Process Framework

Stressors
- Life events
- Chronic Strains

Mediators
- Coping Techniques
- Social Support

Stress Outcomes
- Physical morbidity
- Psychological morbidity
- Mortality
Physical Health ---- Mental Health

- Generally focus on maternal and child health
- Lack of support, issues with childrearing, social isolation, linguistic isolation

- Y
  - A community org, provide programs to link up parents or people who need
Stress Process Framework

Stressors
- Life events
- Chronic Strains

Mediators
- Coping Techniques
- Social Resources

Stress Outcomes
- Physical morbidity
- Psychological morbidity
- Mortality
Stress Process Framework

Stressors

Life events
Chronic Strains

Mediators

Coping Techniques
Social Resources

Stress Outcomes
Physical morbidity
Psychological morbidity
Mortality

Stress Outcomes
Stress Process Framework

Stressors
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- Coping Techniques
- Social Support

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