

Disparities in Behavioral Health Care for Latinx

Addressing Barriers and Promoting Equity

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The Latinx community

Largest ethnic minority in the U.S.

In Tennessee:

- 6.1% Latinx (2.3% growth since 2010)
- 38% undocumented, with 75% from Mexico/Central America

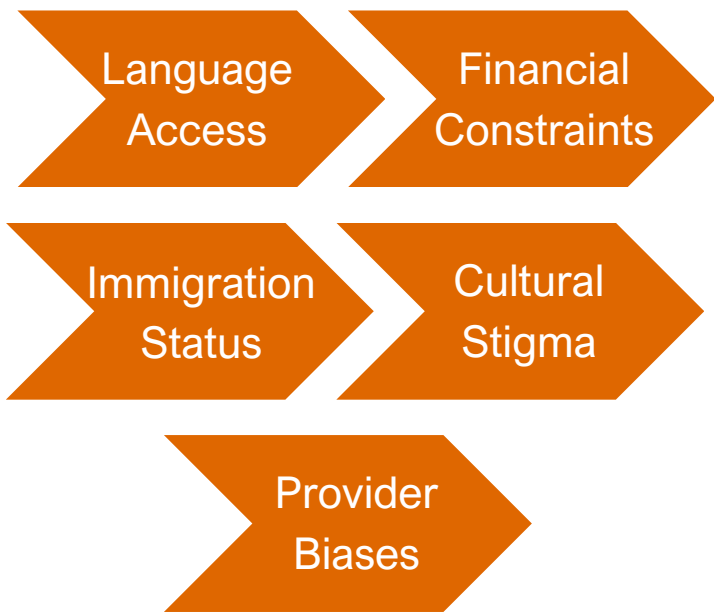
Latinx communities face persistent disparities in behavioral health care due to systemic inequalities and lack of culturally appropriate services.

Despite contributing \$300 billion to the U.S. economy, many Latinx individuals- especially undocumented- face barriers like limited insurance coverage and lack of trauma-informed services.

Over 51% of Latinx individuals report Adverse Childhood Experiences (ACEs), highlighting the urgent need for culturally competent mental health care.

Common barriers

*Latinx individuals are more persistently affected by mental health disorders than Whites.**

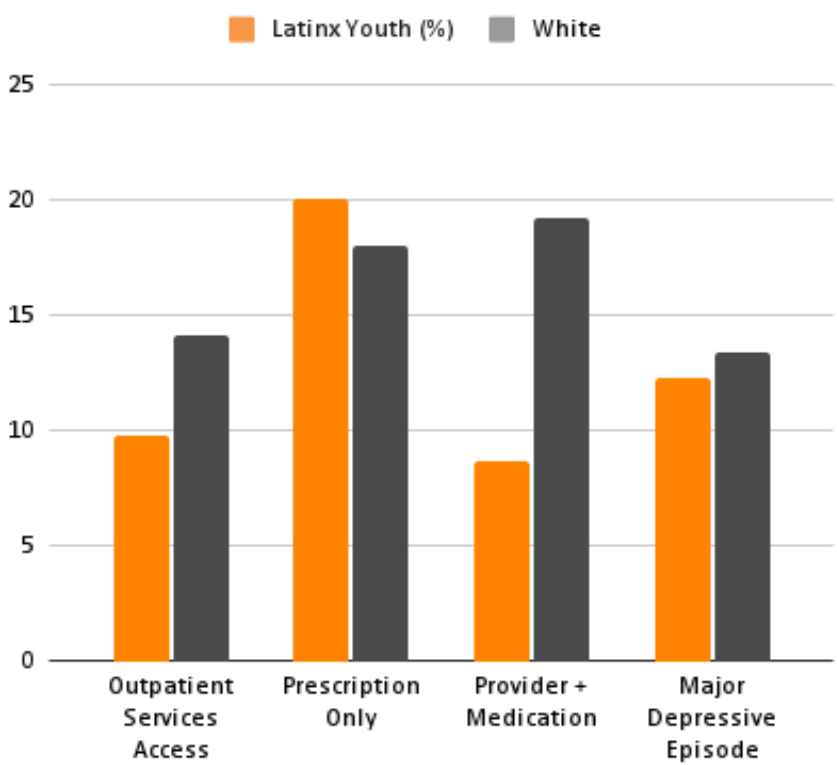


What is known about the current magnitude of ethnic disparities?

Latinx Youth

- TN 8th, 10th, & 12th graders begin using substances at an average age of 13-14
- 50.7% of TN 9th graders reported feeling sad or hopeless & 18.6% seriously considered attempting suicide
- Latinx youth have lower access to outpatient services.
- They are more likely to receive prescription only and less likely to receive combined treatment.

Mental Health Disparities Among Youth



Analyses

Disparities are linked to systemic racism, lack of culturally and linguistically appropriate care, and insufficient trauma-informed practices. These barriers worsen mental health outcomes and perpetuate inequities.

The data emphasizes the importance of understanding the intersection of race, policy, culture, and socioeconomic status.



Conclusion

Promoting equity in behavioral health care requires a deep understanding of how cultural values, policy stress, and systemic barriers shape individual and community experiences.

To close the equity gap, providers must offer culturally and linguistically appropriate services, advocate for inclusive policies, and create safe environments for care.

Prevention and early intervention are vital to addressing trauma before it escalates.

Ultimately, culturally responsive, trauma-informed approaches are key to reducing disparities and ensuring that Latinx and other marginalized communities receive meaningful, accessible behavioral health support.