

Discrimination, Deportation Fears, and Depression? Cultural Insights From Latino Youth and Parents About Mental Health Problems and Solutions: Sharing Successes of a Community-Based Focus Group Study

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National demographic trajectories and disparities in symptoms of poor mental health among Latino adolescents necessitate intervention. Cultural values indicate that parental involvement could enhance intervention success. Yet, little is known about the meaning of mental health, barriers to care, and preferred intervention strategies of Latino adolescents or their parents. The purpose of this study was to obtain Latino adolescents' and parents' perspectives regarding mental well-being, stressors, and barriers/facilitators to care. Eight focus groups were conducted with 53 Latino adolescents, mothers, and fathers divided into subgroups by gender and age. Data were grouped into three areas: views of mental health, life stressors, and barriers to care. Results demonstrate gender and age variations in articulating perceptions of mental health among Latino adolescents, including stressors and barriers. Findings support the need for family-focused, school-based interventions to promote problem identification and access to services.