



## Facts on Latinos and Mental Health

### Treatment Gaps

- The onset of serious mental illness occurs largely in late adolescence and early adulthood.
- There are significant gaps in mental health services for both Latino youth and adults.
- Across 3 national studies, Latino youth are much less likely to receive mental health services than Euro American and African American children. This difference holds up even among those children with the highest need for mental health services. (Kataoka et al., 2002)
- Latino adults who are foreign-born and Spanish-speaking are much less likely to receive mental health services than other Latino subgroups and other racial/ethnic groups. (Alegria et al., 2007)

### Early Treatment of Serious Mental Illness Early

- Persons with their first episode of serious mental illness delay in obtaining appropriate treatment between one to two years. (Penttila et al, 2014)
- The longer the illness is left untreated, the greater the severity of the illness. (Marshall et al., 2005; Penttila et al., 2014))
- Given that Latinos tend not to seek mental health services, they are at risk to have long delays in seeking appropriate treatment.
- Delays in obtaining treatment can be reduced through outreach campaigns. (Melle et al. 2004)
- Reductions in treatment delay are associated with reductions in illness severity. (ten Velden Hegelstad et al., 2012)

### References

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