

SOCIAL SUPPORT & MENTAL HEALTH IN MEXICAN WOMEN

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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

Family
separation

Instability
associated with
having an
absent spouse

Provide support
to many family
members

Challenges of
childrearing

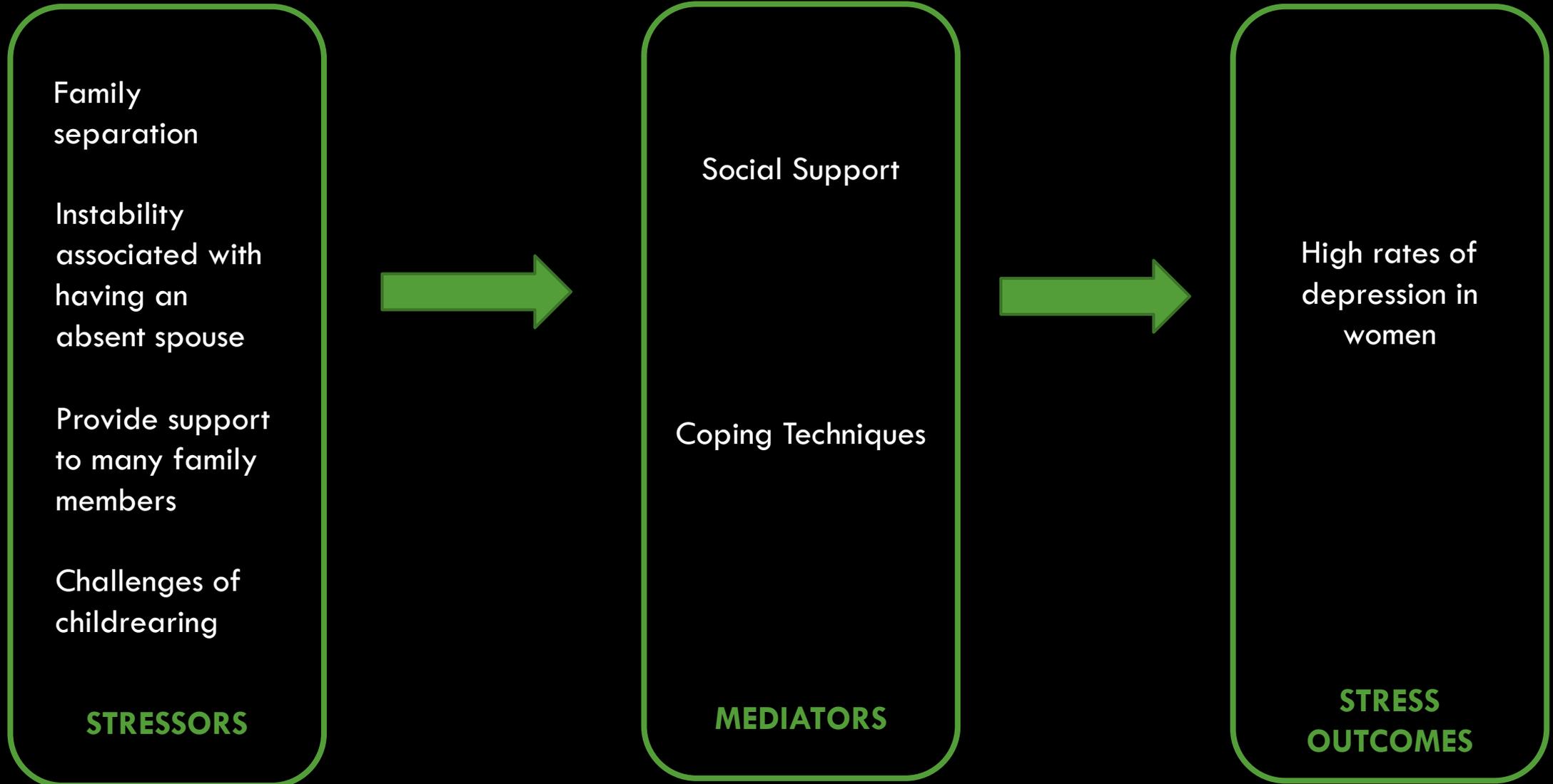
STRESSORS



High rates of
depression in
women

**STRESS
OUTCOMES**

Mexican mothers



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



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?

Edelblute, Heather, Sandra Clark, Lilli Mann, Kathryn McKenney, Jason Bischof and Christine Kistler. (2014). Promotoras across the Border: A Pilot Study Addressing Depression in Mexican Women Impacted by Migration. *Journal of Immigrant and Minority Health*, 16(3): 492-500.

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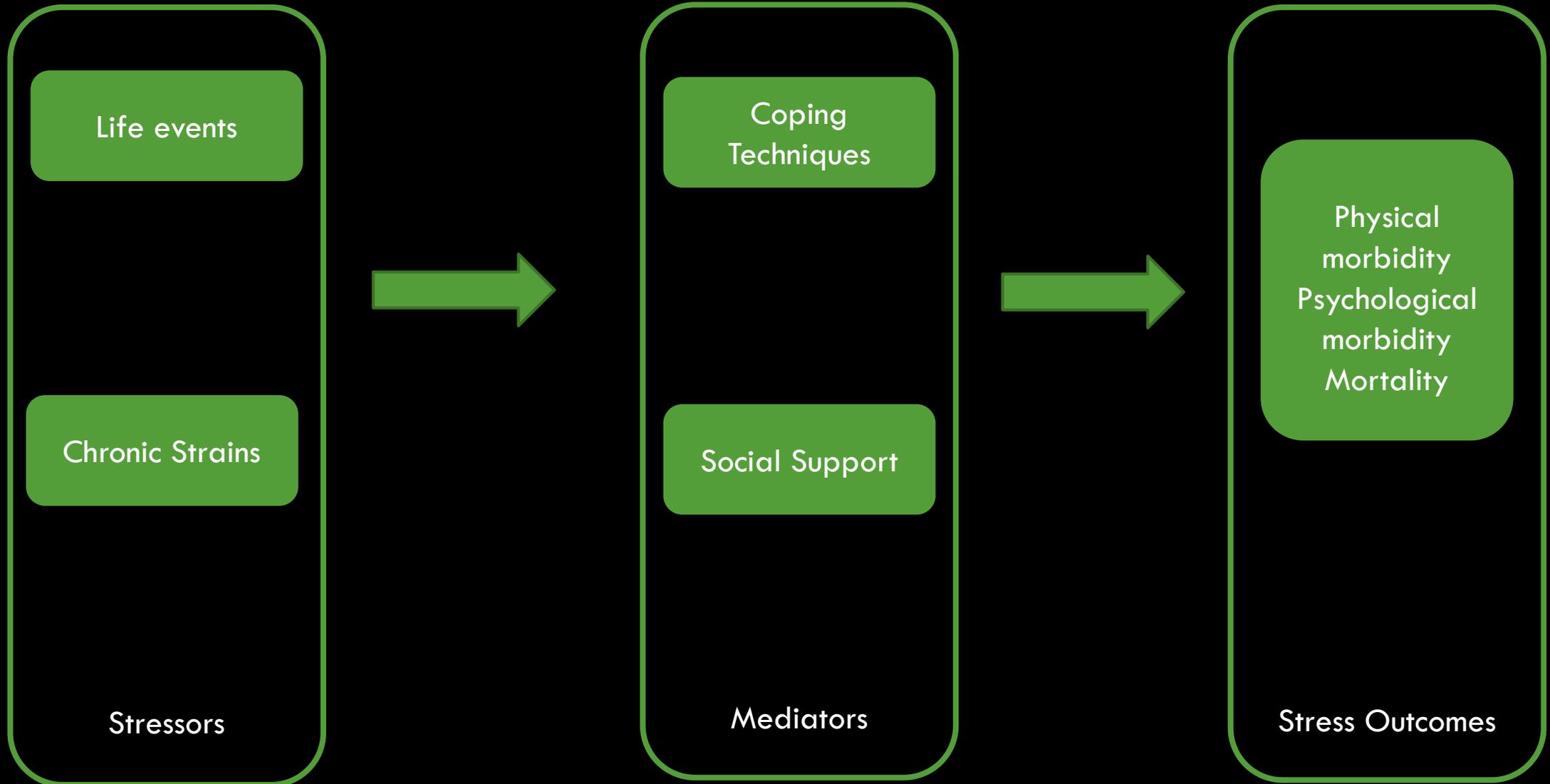
Extra slides



Stress Process Framework

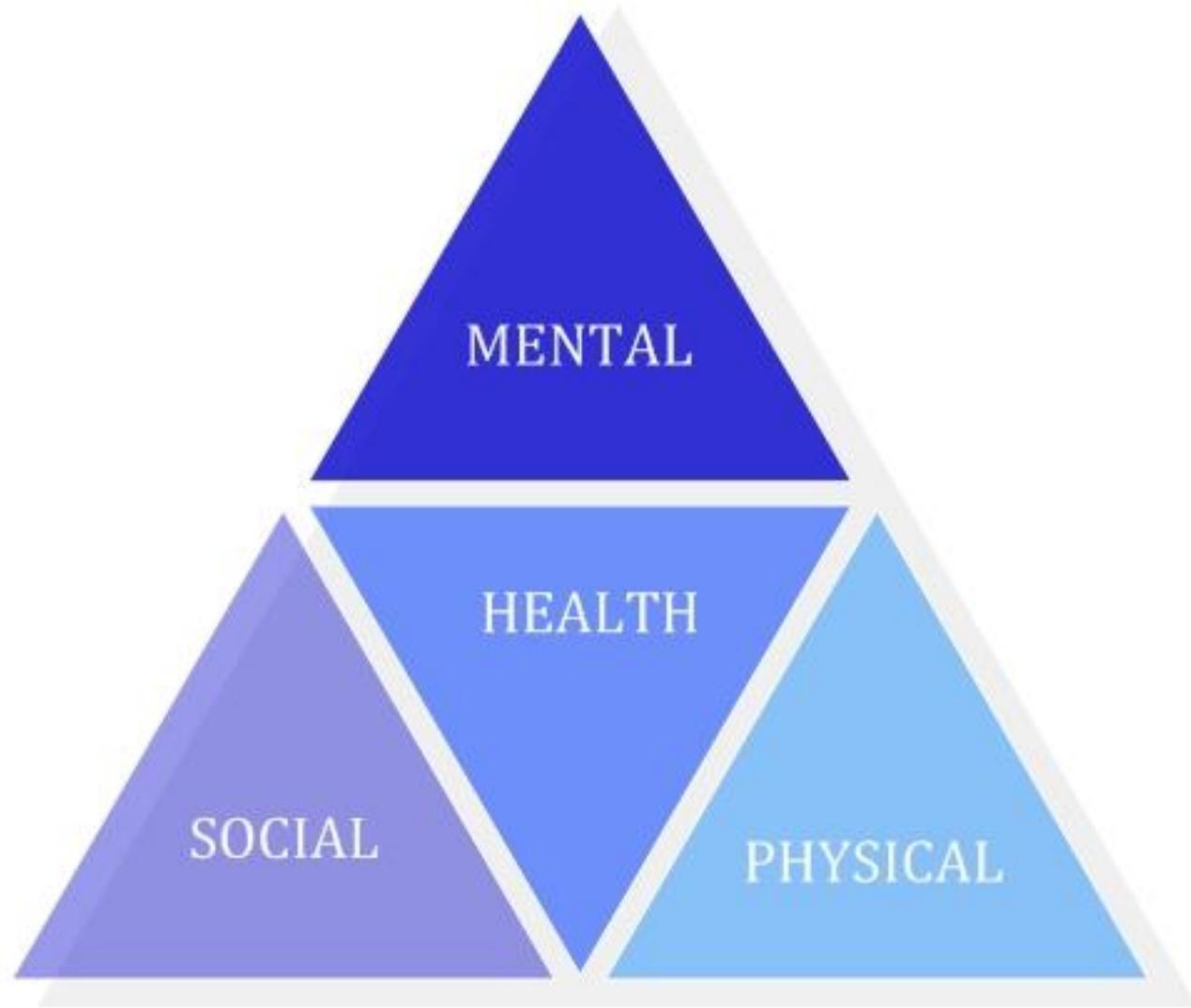


Stress Process Framework

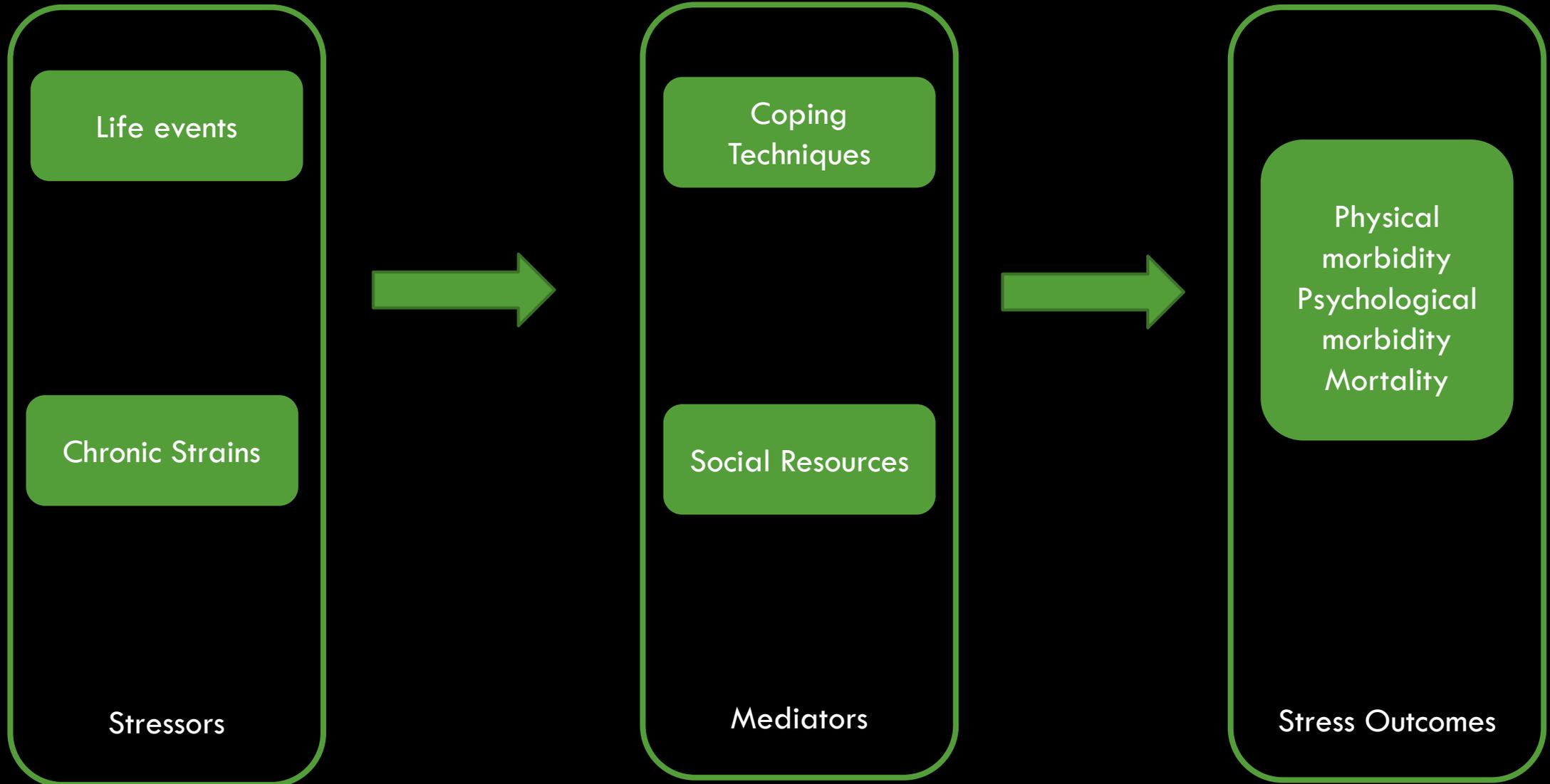


- Physical Health ---- Mental Health
- Generally focus on maternal and child health
- Lack of support, issues with childrearing, social isolation, linguistic isolation

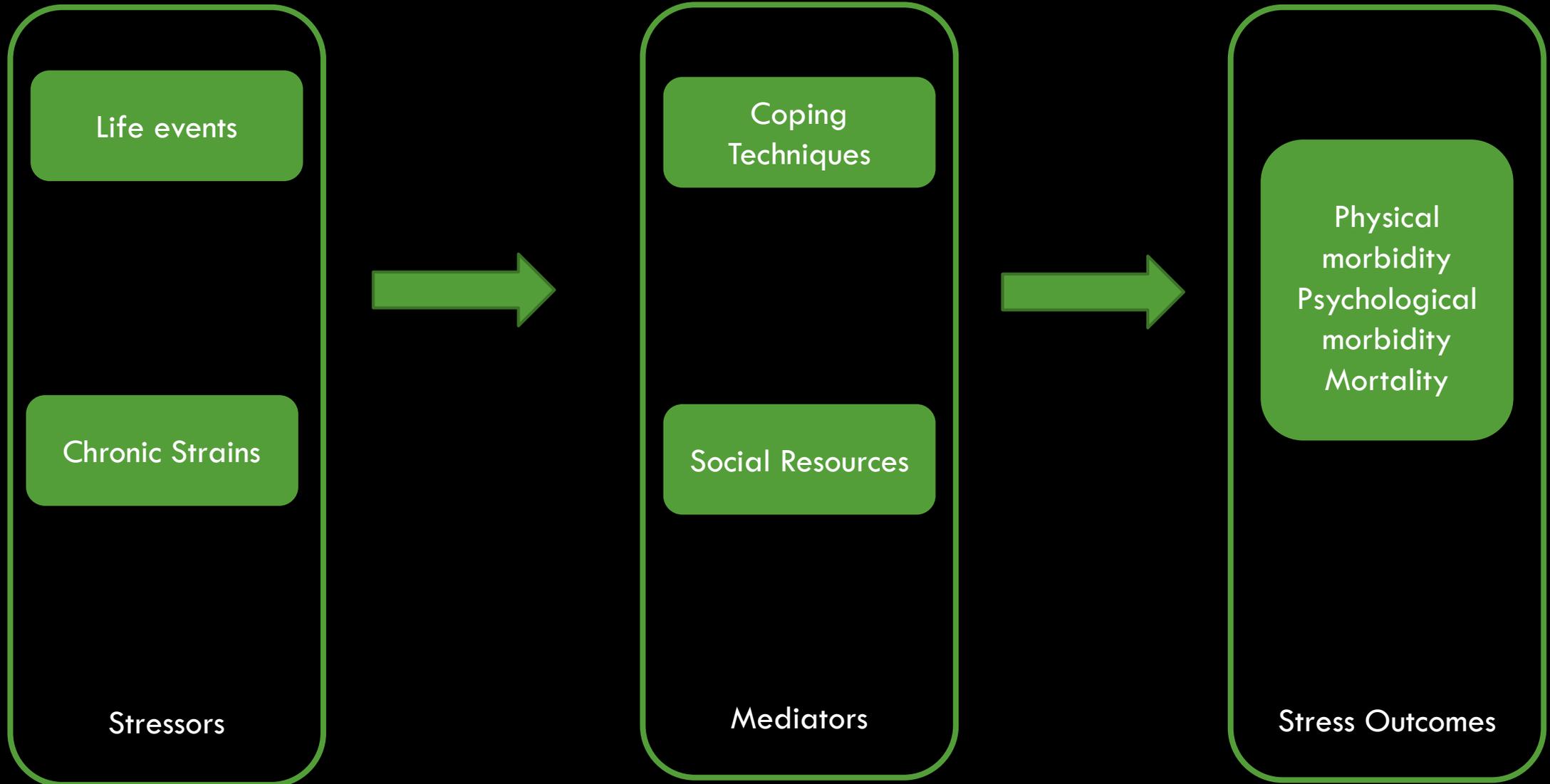
- Y
 - A community org, provide programs to link up parents or people who need



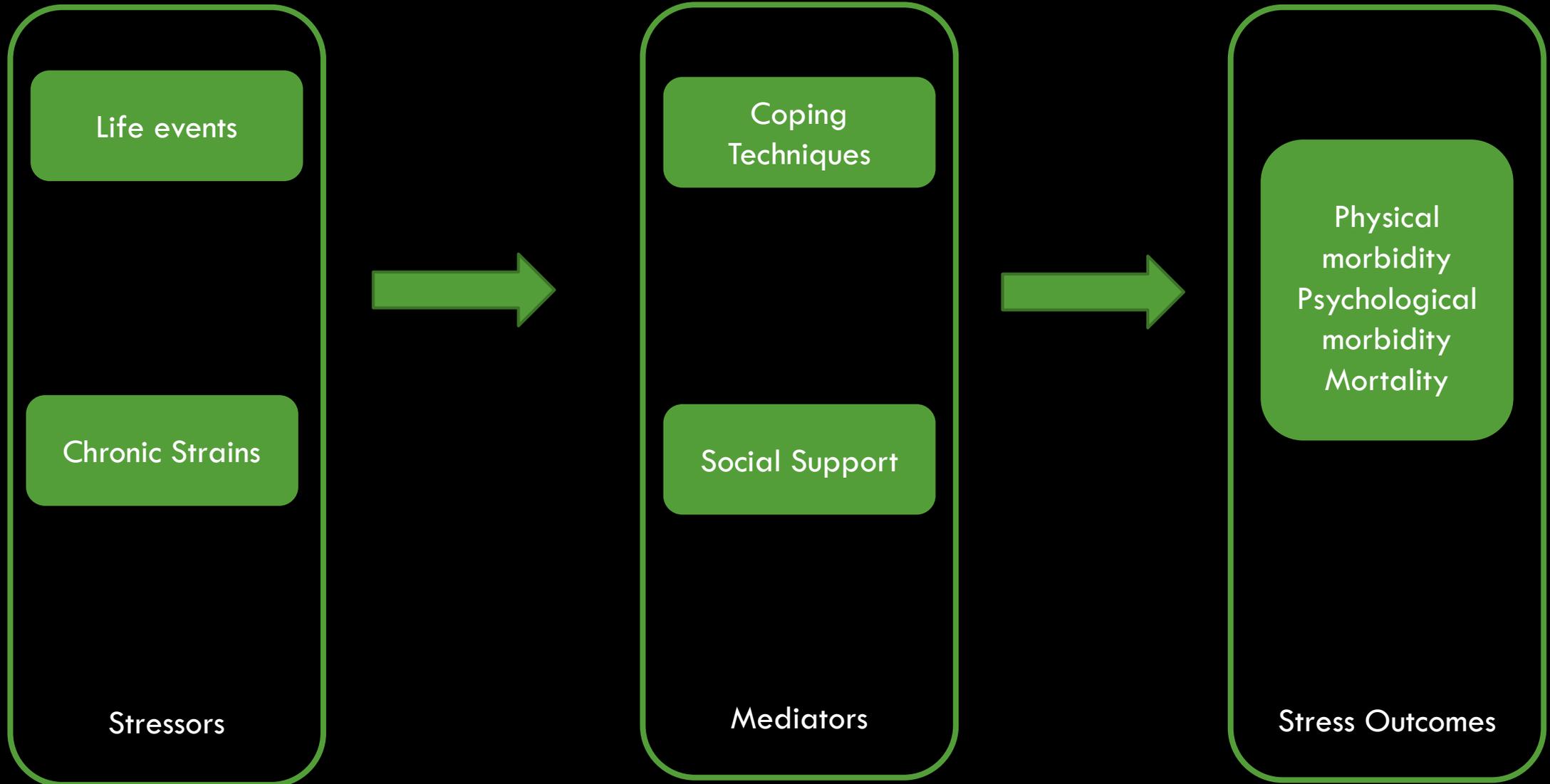
Stress Process Framework



Stress Process Framework



Stress Process Framework



Stress Process Framework

