Latino-Informed Therapy Across the SUD and Addiction Continuum of Care Using the SANITY Model

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Latino Identity

What it means to be Latino

• Family, Culture, Experience
• Assimilation
Spirit resides in culture

- Language, Music, Dance, Art
- Values, Morals, Ethics
The Theft of the Spirit

The Conquerors of the Spirit
• Historic Conquistadors
• Assimilation
• SUD and Addiction
Language

Language is the tool with which we work

- Verify communication
- Assure meaning
- Understand who we are vs. what happens to us
- Words create pictures
Reclaiming the Dimensions of the Spirit

- Language
- Latino Identity . . .
  - Family First
  - Responsibility
  - Power
  - Faith
The Pueblo Project

Latino Starting Point
• Our Model
• SUD and Addiction
• Latino Informed
# The Four Pillars of Latino Identity

## 1. Family First
- Clan vs. Tribal
- Family Dependent
- Invested - Pressure to put family first not person

## 2. Responsibility
- Survival of Family
- Take care of vs Taken care of
- Responsible for providing – Gender roles

## 3. Power and Authority
- Gender
- Family Status – Single vs Married
- Male Dominated

## 4. Faith and Religion
- Patriarchal
- Believe in a greater power – *un poder superior*
- Fear of failing that greater power – path chosen
The SANITY Model

**SAFETY**
One’s sense of feeling and believing we are secure, protected, and safe from harm or injury.

**ACCEPTANCE**
One’s capacity for empathy and the ability to accept and acknowledge the “personhood,” the heart, soul, and spirit of another.

**NURTUREANCE**
Having peace of mind, gratefulness, and contentment.

**IMPORTANCE**
Having a sense of personal value, significance and worth.

**TRUST**
Being able to believe in another’s dependability and reliability of word and action.

**YES!**
It’s the belief that says, “YES! Life is better with you than without you.”
Latino identity . . . the source of values, integrity and pride.
Value for family first . . . ahead of individuals.
Gender-specific responsibilities . . . assigned to males and females.
Differentiated power . . . Mother power and Father power.
Spiritual faith . . . belief in a higher power
Core Values & Life Areas

- Physical
- Emotional
- Spiritual
- Sexual
- Financial
- Intellectual
- Recreational
- Occupational
- Avocational
- And Family
The SANITY model

Six domains

SAFETY
ACCEPTANCE
NURTURANCE
“YES”
TRUST
IMPORTANCE
Thank You

*Relationship DNA . . . www.Amazon.com*
Background

Intro – Add photo