

Ohio Program for Campus Safety and Mental Health

“Pioneering a Path Forward” Engaging and Understanding the Vitality of Needs for Latinx Students

**November 8th, 2022
11:00 AM**



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

Acknowledgment

The [Ohio Program for Campus Safety and Mental Health](#) promotes programming to prevent suicide and mental health promotion by collaborating with campus and community stakeholders statewide. While the Ohio Program for Campus Safety and Mental Health encourages open discussion, topics of conversation may result in making some participants uncomfortable. We encourage you to take a moment and take care of yourself.



Objectives

- Identify practical strategies to encourage engagement and understanding of Hispanic/Latinx students to improve outcomes of the student experience.
- Learn how to enhance a “safe space” for connection within the framework of cultural humility.
- Recognize barriers that prevent access to service utilization including educational, campus-community and mental health care.



Dr. Magda Gomez



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- Magda Gómez serves as Executive Director, Diversity & Inclusion at Cuyahoga Community College (Tri-C) where she works on multiple initiatives related to diversity, equity & inclusivity awareness & education. Her work has a special focus on valuing students & employees by encouraging mutual respect and honoring the unique perspectives each person brings to the table. In addition to supporting employees at the College through professional development & ERG engagement, Dr. Gómez leads the Advancing Women in Equity & Inclusion Taskforce, co-leads the Stand for Racial Justice alliance, and leads the Bienvenidos a Cleveland, all of which are College-sponsored initiatives. Gómez is a board member of the Hispanic Roundtable of Cleveland, serves on the Cleveland Clinic Avon Hospital Board, and is a member of the Equity Leadership Council for United Way of Greater Cleveland. Gómez holds a Doctor of Education (Ed.D.) in Higher Education Leadership from the National American University.



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Jessica Cartagena



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- Jessica Cartagena has extensive experience in leading and implementing strategic initiatives, recruitment, event planning, community outreach, and communications. Currently Jessica is the Program Manager for the Hispanic Council at Cuyahoga Community College. In this role Jessica supports Latino students at Tri-C by providing support, guidance and scholarships. The Hispanic Council has been serving Latino students since 1992, Jessica is proud to continue the legacy of the Hispanic Council. Jessica was selected to participate in the 2015 Cleveland Leadership Center's Bridge Builders program and continuously volunteers for numerous non-profits in the community. In 2017 Jessica was chosen to participate in the inaugural class of the Stokes Civic Leadership Institute, facilitated by the Cleveland Leadership Center. Jessica has a bachelor's degree in marketing from Cleveland State University and an MBA from the University of Phoenix.



Alejandro Martinez Jr.,



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- Alejandro Martinez is a Queer, Latinx, Bilingual Psychotherapist and Speaker based in Cleveland. Alejandro specializes in providing culturally appropriate services for LGBT+ and Latinx teens, students, and adults. Alejandro hopes to uplift historically oppressed and under-resourced communities using therapy techniques that are accessible and support someone in their individual journey. As a former Student Affairs Professional, Alejandro has worked in residence life, fraternity and sorority life, multicultural affairs, and student leadership. Alejandro is aware of the concerns and difficulties college students face, and works to help college students navigate the stresses of academics, identity development, and mental health.



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Iris Mirelez



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Iris Mirelez has a Master's in Higher Education and has been a higher education administrator for 18 years. Prior to joining NEOMED, she served as the Director for the One Stop for Student Services at Kent State University, which combined front facing student services related to financial aid, billing and student records. Prior to her time at Kent State, she served in a variety of administrative roles at Wright State University including the Associate Director of Student Enrollment Services and the Assistant Director of Financial Aid. In her current role as the Assistant Director of Student Diversity, Iris coordinates and implements efforts to recruit, enroll and support historically underrepresented students in medicine. She works collaboratively with the Assistant Dean of Student Diversity to support the University's and the College's missions, demonstrating a commitment to access and inclusion. Throughout her journey as a student and an administrator, Ms. Mirelez has remained active in Hispanic/Latinx (and other underrepresented) student and then faculty/staff organizations. As a first-generation Latina college graduate, Iris takes pride in her journey and hopes to support and inspire other first – generation, underrepresented students and their families.



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Panel Question

According to some estimates, the Hispanic and Latinx population in Ohio has doubled since 2000 and has experienced a rapid diversification. Would you agree with this data? How can campuses prepare now for an increase in Hispanic and Latinx students?



Panel Question

Similarly, to many on this panel, you have held many distinct roles in higher education, and now solely are involved in providing direct service to the Hispanic and Latinx community. What advice would you share with your fellow panelist and listeners regarding advocacy for mental health programs in higher education for Latinx students?



Panel Question

Let's talk about the role of language and self-identification generationally. Can you shed light on this topic? Perhaps in your role in higher education do Hispanic and Latinx students prefer how they would like to be acknowledged?



Panel Question

Similarly, to many on this panel, you have held many distinct roles in higher education, and now solely are involved in providing direct service to the Hispanic and Latinx community. What advice would you share with your fellow panelist and listeners regarding advocacy for mental health programs in higher education for Latinx students?



Panel Question

Could any of these dynamics lead to imposter syndrome and/or tokenism?



Panel Question

Let's talk about the opportunity to build genuine connections, what would you share with a fellow staff or faculty member today who would like to know about making a safe connection? Also, what about for a student, could you share what "allyship" and building an alliance looks like?



Panel Question

Suicide is third leading cause of death and 27 percent of Hispanics/Latinos report high levels of depression and anxiety. Can you speak to the barriers of why a student who may be presenting with these symptoms may not seek help? Are there other factors/symptoms that this audience should be aware that a student might present with?



Panel Question

Hispanic and Latinx students/individuals may be from the same culture but may experience the world differently. From your perspective, what do you wish that people understood more about the Hispanic and Latinx experience or could gain more insight regarding?



References

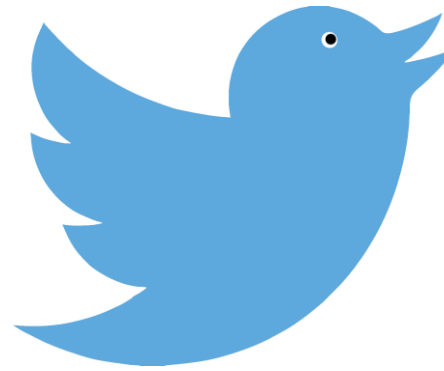
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- Ohio Commission on Hispanic/Latino Affairs reports 2021, 2017, 2018 <https://ochla.ohio.gov/about/publications-library/latino-community-reports-archive>
- McCormack, J. (2021) Latino College Students Less Likely to Seek Mental Health Services (2021) <https://salud-america.org/report-latino-college-students-less-likely-to-seek-mental-health-services/>
- White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity for Hispanics – Hispanic-Serving Institutions (HSIs) <https://sites.ed.gov/hispanic-initiative/hispanic-serving-institutions-hsis/>
- Morales E. (2018) Challenges and Motivations Experienced by 1st Generation Latina/o Students in Higher Education (2018) https://dc.ewu.edu/cgi/viewcontent.cgi?article=1014&context=scrw_2018



Resources

- Cuyahoga Community College (Tri-C) Hispanic Council
- <https://www.tri-c.edu/hispanic-council/index.html>
- Teleyuda Ohio Therapy for Latinos by Latinos
<https://teleayudaohio.com/>
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx>
- <https://consultqd.clevelandclinic.org/overcoming-mental-health-stigma-in-the-latino-community/>





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