

Assessing and Responding to Depression and Trauma Among Farmworkers: Adaptation and Implementation of the RHS-15 (Refugee Health Screener)

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Farmworker Mental Health: Research Findings

- ▶ **Significant stress:** 38%
 - ▶ social isolation
 - ▶ work conditions
 - ▶ family
 - ▶ substance abuse by others
- ▶ **Impairing anxiety:** 18.4%
- ▶ **Depression:** 41.6%
- ▶ Possible **alcohol dependence:** 37.6%



Farmworker Mental Health: Research Findings

NCFHP Focus Groups, 1999 & 2015

Stressors:

Missing family
Isolation & monotony of routine
Illness
Lack of work, or Hard work
Finances
Living conditions & housing
Travel/migration
Fear of violence in community
Discrimination

Strengths:

Family
Work
Travel/migration
Self-identified coping mechanisms
Access to clinics

Farmworker Voices

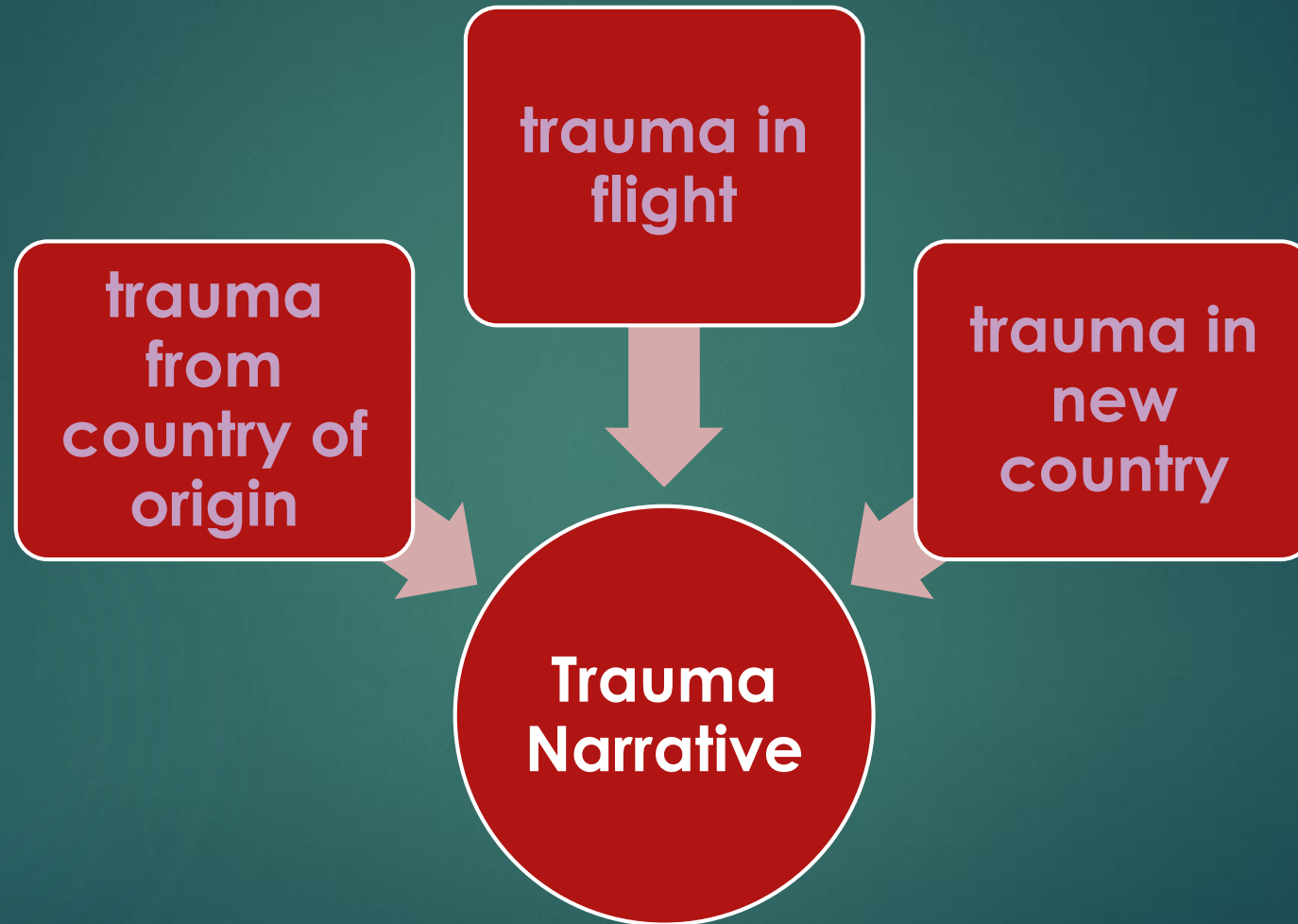
"I think about my family until my head hurts. I try not to think about it. My wife said, 'Don't think about us.' But I do."

"The language is one of the main sources of hard work we have as Mexicans. You listen, but you don't understand...You feel alone not knowing some words. It's a struggle for us."


"Sometimes you feel hopeless because you pay the people who bring you here and then you just earn enough to pay to live."



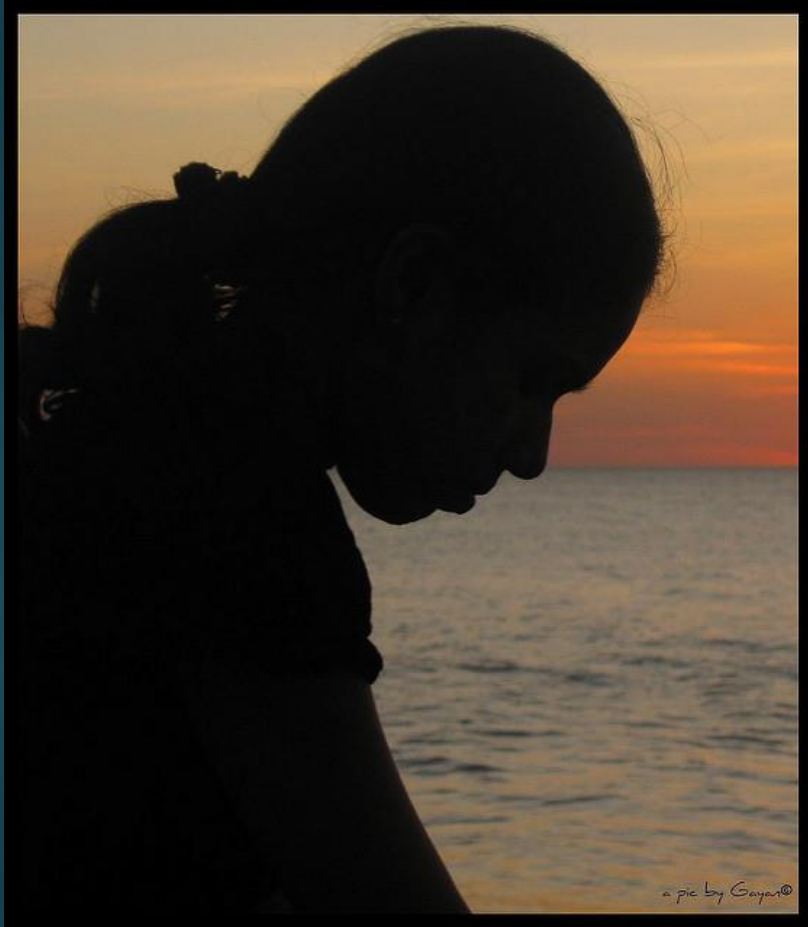
The Triple Trauma Paradigm



Michultka, D. (2009). Mental health issues in new immigrant communities. In F. Chang-Muy & E. Congress (Eds.), *Social Work with Immigrants and Refugees: Legal Issues, Clinical Skills and Advocacy* (pp. 135-172). New York: Springer Publishing Company



*What are reasons why farmworkers
don't access (or aren't able to access)
behavioral health services?*



“Here, you go to the clinic, they always ask, ‘how are you?’, but your feelings, they don’t ask about that.

In Mexico, it’s the same - many people get depressed. They suffer from depression, but no one knows it.

They should ask, ‘how have you been feeling?’ So that they can help.”

Refugee Health Screener (RHS-15)

- ▶ Developed by Pathways to Wellness in Washington state
- ▶ Culturally specific, short screening tool to use with refugees
- ▶ Screens for depression, anxiety, and post-traumatic stress disorder (PTSD).



**PATHWAYS
TO
WELLNESS**
Integrating Refugee Health and Well-Being



El Futuro



North Carolina
Farmworker
Health Program

NCFHP's RHS-15 Adaptation






- ▶ 2015: Evaluated Cuban Spanish version
 - ▶ NCFHP outreach and administrative staff (30+)
 - ▶ 3 farmworker focus groups
- ▶ Submitted edits to Pathways to Wellness
- ▶ 2016: RHS-15 Mexican Spanish official version published and distributed

RHS-15

- Symptoms are measured in volume, not frequency
- Visual aids included
- 15 questions
- Recently re-validated for 13

RHS-15



					
SÍNTOMAS SYMPTOMS	NADA NOT AT ALL	UN POQUITO A LITTLE BIT	MODERADAMENTE MODERATELY	BASTANTE QUITE A BIT	MUCHÍSIMO EXTREMELY
1. Tiene dolor en las coyunturas, huesos y músculos Muscle, bone, joint pains	0	1	2	3	4

RHS-15 optional questions

14. De las oraciones a continuación, marque o circule la respuesta que mejor describa cómo se siente.

Usted siente que:

Circle the one best response below. Do you feel that you are:

Es capaz de enfrentarse a cualquier cosa Able to handle (cope with) anything	0
Es capaz de enfrentarse a la mayoría de las cosas Able to handle (cope with) most things	1
Es capaz de enfrentarse a algunas cosas, pero no puede hacerles frente a otras cosas Able to handle (cope with) some things, but not able to cope with other things	2
No puede enfrentarse a la mayoría de las cosas Unable to cope with most things	3
No puede enfrentarse a nada Unable to cope with anything	4

RHS-15 optional questions

15. Termómetro de la angustia Distress Thermometer



PRIMERO: Encierre en un círculo el número (del 0 al 10) que mejor describa cuánta angustia ha estado sintiendo esta última semana, incluyendo el día de hoy.

Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week, including today.

RHS-15 Scoring



SCORING SCREENING IS POSITIVE IF: ① ITEMS 1-14 IS ≥ 12 OR ② DISTRESS THERMOMETER IS ≥ 5

CHECK ONE: POSITIVE NEGATIVE SELF-ADMINISTERED NOT SELF-ADMINISTERED

If last 2 optional questions are omitted, scoring is:
Screening is positive if ITEMS 1-13 ≥ 11

Practice and Discussion



THANK YOU!

