



Also known as the Mental Health Association in California

No Soy Loco/I'm Not Crazy: Understanding the Stigma of Mental Illness in Latinos

No Soy Loco/I'm Not Crazy: Understanding the Stigma of Mental Illness in Latinos is a 46 minute training video for psychiatry residents, social workers, clinical psychologists, mental health nurses, mental health counselors and case managers. The overall learning objectives of this DVD are:

- To demonstrate how the stigma of mental illness in Latinos manifests in the individual, family, and community.
- To demonstrate how therapists can empathize with the perspectives of mentally ill individuals and their families: the idioms of distress that individuals and families use to describe their illness; the impact of symptoms on family members' lives; and the diverse explanatory models and treatment pathways that individuals and families may use that may be different from those known to mental health providers.
- To show how the mental health professional can work in partnership with individuals and families to negotiate and implement a treatment plan that is acceptable.

The DVD is comprised of three vignettes of simulated Latino patients:

- A young man with schizophrenia
- A grandmother with bipolar disorder, whose son does not think she is well enough to care for her granddaughter
- A young woman who has been molested by her mother's boyfriend and previously misdiagnosed as having schizophrenia.

Several themes resonate through the three vignettes. One is the meaning of severe mental illness in the Latino community and the culturally competent assessment of phenomena consistent with psychotic symptoms. Related to this is the stigma of psychosis leading to the cultural desire to avoid that label at all cost. Family relationships and the role of the family as caregiver and protector of vulnerable people are central issues in Latino culture and in these three cases. The role of religion both as a strong social support system for individuals and families with mental illness and as a source of distorted ideas for those with mental illness is an additional important theme.

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