A Cultural Model of Mental Health Services for Immigrant AfroCaribbean Children

An NYU CSC & NYC DOE Partnership
Overarching aim

- To provide mental health prevention and intervention services to 1st graders in 5 public schools that serve primarily immigrant communities in Brooklyn, NY
Foreign-born Neighborhoods in New York City and Target Communities (X)

Number of Foreign-born

- 40,000 or more
- 25,000 to 39,999
- 15,000 to 24,999
- 10,000 to 14,999
- Under 10,000
Our Partner Schools

- PS 66, 114, 135, 167 & MS 394
- Districts 17 & 18, Region 6, Brooklyn, NYC DOE
Our Children & Families

Across the 5 schools,

- 3,817 students are enrolled
  - 80% are immigrant, primarily AfroCaribbean
    - Jamaica, St. Lucia, Grenada
    - Trinidad & Tobago, USVI
  - 500 are 1st graders
  - >260 families have participated in ParentCorps
Struggles
Struggles
Our Model

- Prevention/early intervention
  - School-based
  - Evidence-based

“The bottom line is—
with parents and educators, the children are the winners.”

Region 6 Pre-K Educational Assistant
Our Model

- Ethnic Socialization
Our Model

- Cultural Competence
Our Program Development Plan

☐ Educational experts
  ■ Regional office
  ■ School Principals

☐ Mental Health experts
  ■ NYU mental health professionals

☐ Culture & Community experts
  ■ Community Leaders
  ■ Parent Reps
Our Plan

“We believe educating our children in today’s society is indeed a collaborative effort”

Parents of three Region 6 students
Our Plan

TRAINING for School-based MHPs and 1st gr Teachers
- Initial Training Session
- Bi-weekly supervision
- Monthly peer supervision

“What have I gained by participating in this program? I believe I am better at my job!”

Region 6 Pre-K Educational Assistant
Our Plan

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<th>DIRECT SERVICES for 1&lt;sup&gt;st&lt;/sup&gt; gr Students</th>
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<td>☐ Universal mental health prevention services</td>
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<td>☐ Workshops for parents</td>
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<td>☐ Individual mental health treatment</td>
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<td>☐ Parent-MHP meetings</td>
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## Expected Outcomes

### LONG-TERM OUTCOMES
- Better mental health
- Better academic achievement
- Lower risk and higher resilience

### IMMEDIATE OUTCOMES
- More effective mental health treatment services
- Enhanced classroom environments
- More culturally sensitive school climate
- Higher ethnic identity in students
- More parent involvement

### TRAINING
- Increased use of evidence-based strategies
- Increased cultural competence
- Increased emphasis on ethnic socialization

### LONG-TERM OUTCOMES

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