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Spot the Signs - Comunicación Es Lo Más Importante

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Spot the Signs - Comunicación es lo Más Importante

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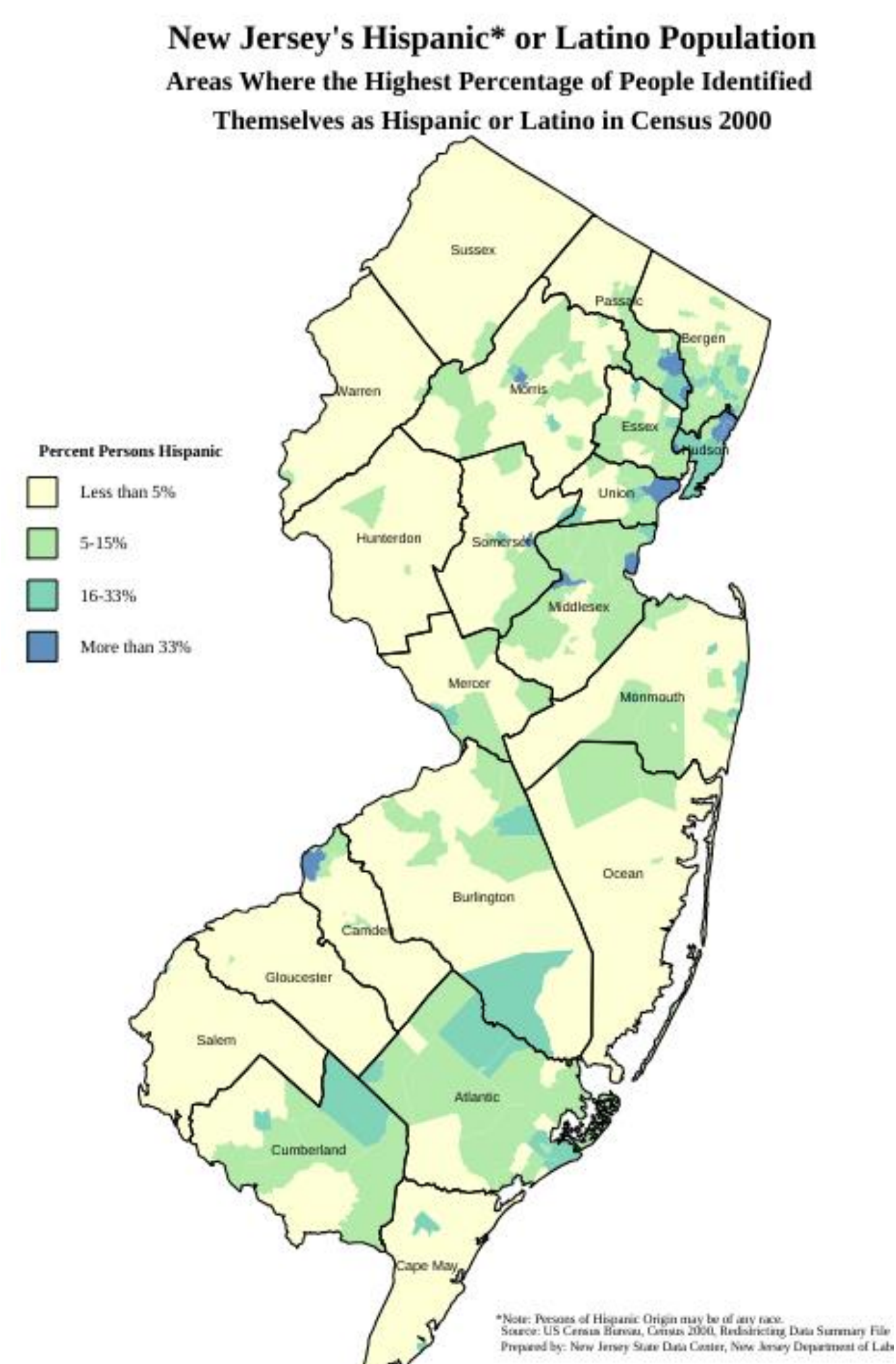
Introduction

Opiate use disorder is a major challenge in New Jersey, which ranks tenth in the nation for number of opiate overdose deaths. Patients who visited an emergency department after an opiate overdose were 18 times more likely to die by suicide than the general population in the year after their visit. As a result, the Department of Psychiatry at Rowan-Virtua School of Osteopathic Medicine initiated the SPOT the Signs project to apply recommendations from the New Jersey Suicide Prevention from Opiates Collaborative to focus on education of community sectors that have direct contact with people who use opiates, ranging from substance use treatment providers, individuals in recovery and their family members, emergency medicine physicians, office-based opioid treatment providers, pain management physicians, first responders, and teachers, parents and teens in high-risk communities.

Spanish is the most common language other than English spoken in New Jersey, with the most recent census period of 2016-2019 estimating the number at over 1.3 million speakers¹. Our focus counties include Camden, Gloucester, Atlantic, Burlington, and Ocean counties in Southern New Jersey, which together report nearly 2.2 million individuals identifying as Hispanic or Latino², and 181,495 who identify as primarily Spanish speaking³. In Camden County, the percentage of Spanish-speaking households which identify as limited English proficiency is 24.8%³. Recently, substantial attention has been brought to the barriers to care and patient rapport in patient-provider language dissonant dyads⁴. Many Spanish speakers have limited English proficiency, experience discrimination when attempting to access psychiatric care, and limited service availability in Spanish. Additionally, these communities often have stigma relating to mental illness, particularly with regards to locus of control and that depression causes pati

However, national resources

such as crisis lines and patient handouts have recently been expanded, increasing the capacity to respond to increased identification and surveillance. Spanish translation can run into some issues with localization as different regions, often grouped by country for convenience, have slightly different vocabulary and as a result, it can substantially increase rapport with patients to use appropriate vocabulary and culturally sensitive analogies.



Example Slides

You can make a difference

- Depression is a major risk factor and may be displayed as sudden distress
- Talking directly or indirectly about death, dying, or leaving
- Sudden cheerfulness in someone who is seriously depressed may mean they have decided to die by suicide
- Alcohol and other drug use impairs thinking and judgment and increases impulsivity
- Acquiring means of suicide such as a gun, pills, etc.
- Loss of major relationship, onset of serious illness, or financial security

Figure 1: English-language slide

Tu puedes hacer una diferencia

- La depresión es un riesgo y se puede presentar como angustia nueva
- La gente contemplando el suicidio pueden hablar directamente o indirectamente de la muerte o de morir
- Una alegría fuera de lo normal en alguien que usualmente está deprimido puede significar que esa persona ha decidido suicidarse
- La consumación de alcohol y otras drogas puede perjudicar el pensamiento racional y puede aumentar la impulsividad
- La adquisición de maneras de suicidio como armas o un exceso de drogas peligrosas puede significar un intento al suicidio
- Loss of major relationship, onset of serious illness, or financial security

Figure 2: Spanish-language slide

Recursos para el suicidio

Local Crisis Numbers By County:

Atlantic: Atlantacare, 609-344-1118

Burlington: Legacy Treatment Center, 609-835-6180

Camden: Oaks Integrated Care, 856-482-9000

Cape May: Acenda Integrated Care, 609-465-5899

Cumberland: Guidance Center, 856-455-5555

Gloucester: Acenda Integrated Health, 856-845-9100

Salem: Health Care Commons, 856-299-3001

Hotline: 988 or 988helpline.org
Linea de crisis: textea HOME to 741741

Figure 3: Spanish language resources

Discussion:

Increasing rapport when discussing culturally stigmatized topics through concordance of the identity of the speaker with that of the target audience, as well as matching home language, can amplify the impact of patient education. Additionally, the delivery of patient education in the home language can reduce misunderstandings and allow for culturally specific analogies and mnemonics. Sharing language-specific patient resources also reduces anticipated and perceived barriers to initiation of care. Our original study in English demonstrated an 89% improvement in over 600 individuals, and we anticipate similar results in Spanish speakers.

Challenges to appropriate localization

Country			
US English	Heroin	Cocaine	Cannabis
Mexico	Chivo, Azucar	Pollo, Perico	Mota, Churro
Colombia	Paso	Basuco, Perico	Cachito, Bareto
Dominican Republic	Manteca	Perico	Yerba
Argentina	Caballo	Paco, merca, cocucha	Yerba
Puerto Rico	Manteca	Polvo blanco, nieve	Pasto

Words to avoid	Reasoning	Other points	
Maricon	Means "dude" in Colombia, but a slur in other countries	Chola/Cholo	This term is outdated and can be offensive
Joder	Means "mess with" in Colombia, but means molest in other countries	Yonkie	Transliteration of English "junkie" to Spanish, can be offensive
Cabron	Means "dude" in Mexico, insulting in other countries	Intoxicado	Means "intoxicated" but there is no specifier to drugs/alcohol, it can be anything consumed
Parse	Means "friend" in Colombia, not a word in other countries	Country of Origin	Make an effort to ascertain what country pt is from.

Spot the Signs



References:

