May 9th, 9:15 AM - 10:00 AM

Using Research to Impact Health: The Importance of Sustainability

Bethany L. Letiecq
George Mason University

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USING RESEARCH TO IMPACT HEALTH (AND JUSTICE): THE IMPORTANCE OF SUSTAINABILITY (AND SOLIDARITY)

Bethany L. Letiecq, PhD
Human Development and Family Science
George Mason University

Research was funded by Grant P20 RR-16455-10 from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH) and by U.S. Department of Education TRIO Ronald E. McNair Postbaccalaureate Program under Grant Award No. P217A090198

May 9, 2014
SALUD y COMUNIDAD: LATINOS en MT

Consulado Móvil,
Servicios de Salud, Inmigración y Más

Salud y Comunidad: Latinos en Montana

Presentado por:

Cuándo: 17 de Mayo, 2014
Hora: 10am-6pm
Dónde: Auction Barn
(25 Wheeler Mountain Way, Gallatin Gateway)

Servicios del Consulado Mexicano Móvil
- Pasaporte
- Matrícula Consular

**Solicite su cita llamando al: 1-877-639-4835
o por Internet:

**Todos los que se encuentren en Montana son bienvenidos**

Servicios
- Cheques de salud gratuitos por Bozeman Deaconess Hospital (1-6pm)
- Consultas gratuitas con el abogado de inmigración
- Latinos Scholars of Promise
- Libros bilingües para niños
- Se venderá comida
- Y más!

¿Preguntas? Búscanos en Facebook:
Salud y Comunidad: Latinos en Montana (MIJA)

comunicate con Yanet Eudave 406-579-9020/Lidice Tobar 406-224-2990

EXAMPLE PROJECT
**BACKGROUND**

- **Montana is a new non-traditional receiving site**
  - Montana = 4th largest state by area in US with just over 1 million population; rural, frontier, rugged

- **Between 2000-2010, 68% growth in Latino pop**
  - Gallatin Valley (MSU) = 136% growth
  - Estimated 5000 undocumented migrants in MT

- **Distinctively challenging context for migrants**
  - Limited employment (esp for women), weak social service base, hostile culture of nativism, language barriers, large geographic expanses...
Migrant Community calls for HELP!

- In mid-2000s, Gallatin Valley Human Rights Task Force and MHRN (among others) began fielding calls for help from migrants
  - Racial profiling
  - Employees not getting paid, workers comp
  - Workplace raids
  - Neighbors calling ICE
  - ICE stationed outside Food Bank
  - Workers denying services (e.g., WIC, School lunches to kids)
University-Community Response:

Immediate Action:

- Know Your Rights Trainings (started in 2007)...
- Engagement with NGOs, Immigration Attorneys, local schools, service providers, law enforcement/ICE
- Coalition of Resource Organizations formed

Long-Term Action (with sustainability goals from project inception):

- Development and implementation of CBPR program: **Salud y Comunidad: Latinos en Montana**
- Development of migrant-focused non-profit
CBPR Implementation Strategy
(Letiecq & Schmalzbauer, 2012)

1. Identify community leaders
   - Establish Community Organizer/Project Director

2. Establish a community advisory board (CAB)

3. Establish partnerships
   - E.g., Non-profits, health and human services-related orgs, human rights orgs, education-based orgs…

4. Collaborate with CAB/community partners in research

5. Implement action steps
Community Collaboration

- Partnership between community members, university researchers, students, and NGOs
- **Community Advisory Board:**
  - *Salud y Comunidad: Latinos en Montana*
    - Community members = 6 Mexican migrants, community outreach worker, public health practitioner
    - Research team (Bethany, Katie, Yanet, Lidice, Lilia et al.)
    - Mentors (Joe Grzywacz, Suzanne Christopher)
- **AND community organizations...**
  - Montana Immigrant Justice Alliance, Border Crossing Law Firm, MT Human Rights Network, GVHRTF, Community Health Partners, MT Migrant Council, Rural Employment Opportunities, Coalition of Resource Orgs
  - Local Catholic Church—Spanish Mass
Research: Phase I

- **Ethnography**
- **Needs Assessment:** Interviewer-assisted survey of needs, service utilization, perceptions of the community, police/ICE, social support, mental health
  - N = 125 Mexican migrants
  - 71% male, 29% female
  - 55% married/partnered
  - Mean yrs of education: 8.6 yrs
  - Did not ask about status
Challenges: Isolation

“….Well for women it is very difficult because being at home all the time is like being in prison, no? They don’t have anywhere to go out...For us men, we go out to work, one gets distracted...But for women, no. They are imprisoned, and they don’t know anyone.” (Miguel)

“…Well, I hardly have any friends and I almost never leave. I am almost always in the house with the kids. The only time I leave is to buy food...” (Roberta)
Challenges: Fear

“I’m totally responsible for my family. If I don’t work, we don’t eat. There are arrests all the time in the canyon, and I drive the canyon everyday to work…I’m not afraid for myself. I’m afraid for my family…And my wife is pregnant. Everyday I have to wonder if I will be arrested or deported…and then what will they do?” (Franco)

“Fear is the worst thing about living here. I’m constantly looking over my shoulder; at Wal-mart, at the clinic, everywhere. We stand out. I’m never at ease...My brother was deported from here (crying)...I can’t let them separate me from my kids.” (Silvia)
# Results: Depression

<table>
<thead>
<tr>
<th></th>
<th>(1)</th>
<th>(2)</th>
<th>(3)</th>
<th>(4)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Single Men</td>
<td>Married Men</td>
<td>Married Men</td>
<td>Married Women</td>
</tr>
<tr>
<td></td>
<td>(n = 44)</td>
<td>(n = 18)</td>
<td>(n = 27)</td>
<td>(n = 30)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Means (Standard Deviations) or Number (Percentage)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression Score</td>
</tr>
</tbody>
</table>

% Score 10 or higher: 54% of men 40% of women

*p < .05. **p < .01. p < .001.
Research: Phase II
Family Health Assessment

- Interviewer-assisted survey of physical & mental health, life events, coping, perceptions of community

- N = 120 Mexican migrants
- 53% male, 47% female
- 77% married/partnered
- Mean yrs of education: 8.8 yrs
- 59% undocumented
Community Concerns Identified: Structural and Situational Stressors

- Structural stressors = generally tied to individuals’ social location and are quite stable and persistent over time (Letiecq, Grzywacz, Gray, & Eudave, 2013).
  - Family separation, Documentation status and acculturation, Sending of remittances back to Mexico

- Situational stressors = “more labile in nature” as exposure and appraisal can vary depending upon individual circumstances/environmental conditions
  - Perceptions of discrimination, Documentation stress [fears and worries about being confronted by the police or ICE, being deported, and separated from family], Perceptions of social support
## Results:
Study variables as a function of status (N = 105)

<table>
<thead>
<tr>
<th>Demographic Characteristics</th>
<th>Undocumented (N=62)</th>
<th>Documented (N=43)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender (% men)</td>
<td>33 (53.2%)</td>
<td>21 (48.8%)</td>
</tr>
<tr>
<td>Age in years</td>
<td>30.57 (8.24)</td>
<td>39.44 (9.28)***</td>
</tr>
<tr>
<td>Years of education completed</td>
<td>8.94 (2.98)</td>
<td>8.73 (4.20)</td>
</tr>
<tr>
<td>Speak English (% yes)</td>
<td>39 (62.9%)</td>
<td>35 (81.4%)*</td>
</tr>
<tr>
<td>Number of kids</td>
<td>2.16 (1.18)</td>
<td>3.39 (1.50)***</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Household and Economic Characteristics</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Does spouse live with you in MT?</td>
<td>41 (91.1%)</td>
<td>34 (94.4%)</td>
</tr>
<tr>
<td>Number of adults in household</td>
<td>2.77 (1.17)</td>
<td>2.56 (1.01)</td>
</tr>
<tr>
<td>Number under 18 in household?</td>
<td>1.68 (1.50)</td>
<td>1.84 (1.53)</td>
</tr>
<tr>
<td>Do you own or rent? (% rent)</td>
<td>59 (95.2%)</td>
<td>22 (51.2%)***</td>
</tr>
<tr>
<td>Working for pay in MT (% yes)</td>
<td>48 (77.4%)</td>
<td>26 (60.5%)†</td>
</tr>
<tr>
<td>Send remittances home (% yes)</td>
<td>48 (78.7%)</td>
<td>21 (48.8%)**</td>
</tr>
<tr>
<td>Sufficient resources? (0-10 scale)</td>
<td>4.87 (2.02)</td>
<td>4.98 (2.14)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Perceptions of Fear, Worry, and Threats</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Felt discriminated against? (0-2 scale)</td>
<td>0.65 (.60)</td>
<td>0.53 (.55)</td>
</tr>
<tr>
<td>Worry about police? (0-2 scale)</td>
<td>1.18 (.86)</td>
<td>0.09 (.29)***</td>
</tr>
<tr>
<td>Think police racial profile? (% yes)</td>
<td>20 (32.3%)</td>
<td>3 (7.0%)**</td>
</tr>
<tr>
<td>Neighbor threatened to call ICE? (% yes)</td>
<td>13 (21.0%)</td>
<td>4 (9.3%)†</td>
</tr>
<tr>
<td>Feel unwelcomed in MT? (% yes)</td>
<td>14 (22.6%)</td>
<td>5 (11.6%)</td>
</tr>
<tr>
<td>How fearful most days in MT? (0-10)</td>
<td>3.55 (3.26)</td>
<td>0.65 (1.69)***</td>
</tr>
<tr>
<td>How isolated do you feel (0-10 scale)</td>
<td>3.69 (3.48)</td>
<td>3.42 (3.37)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Indicator of Mental Health</th>
<th></th>
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<tbody>
<tr>
<td>Depression</td>
<td>9.11 (5.00)</td>
<td>5.28 (3.56)***</td>
</tr>
</tbody>
</table>
Hierarchical Regression Analysis:
Best predictors of depression scores (Men)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 1</th>
<th></th>
<th></th>
<th>Model 2</th>
<th></th>
<th></th>
<th>Model 3</th>
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<tr>
<td></td>
<td>B</td>
<td>SE</td>
<td>β</td>
<td>B</td>
<td>SE</td>
<td>β</td>
<td>B</td>
<td>SE</td>
<td>β</td>
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<tr>
<td><strong>Demographics:</strong></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Age</td>
<td>-0.078</td>
<td>0.04</td>
<td>-0.161†</td>
<td>0.00</td>
<td>0.05</td>
<td>0.00</td>
<td>-0.01</td>
<td>0.05</td>
<td>-0.004</td>
</tr>
<tr>
<td>Education</td>
<td>-0.015</td>
<td>0.11</td>
<td>-0.131</td>
<td>-0.15</td>
<td>0.11</td>
<td>-0.134</td>
<td>-0.04</td>
<td>0.09</td>
<td>-0.038</td>
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<tr>
<td><strong>Structural Stressors:</strong></td>
<td></td>
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<tr>
<td>Separated from Family (1=yes)</td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Remittance (1=yes)</td>
<td>1.77</td>
<td>0.85</td>
<td>0.194*</td>
<td>2.11</td>
<td>0.76</td>
<td>0.232**</td>
<td>2.01</td>
<td>0.74</td>
<td>0.213*</td>
</tr>
<tr>
<td>Length of time in US</td>
<td>-0.05</td>
<td>0.07</td>
<td>-0.098</td>
<td>0.03</td>
<td>0.06</td>
<td>-0.063</td>
<td>-0.70</td>
<td>0.88</td>
<td>-0.069</td>
</tr>
<tr>
<td>English Proficient (1=yes)</td>
<td>-0.93</td>
<td>0.96</td>
<td>-0.91</td>
<td>-0.93</td>
<td>0.96</td>
<td>-0.91</td>
<td>-0.93</td>
<td>0.96</td>
<td>-0.91</td>
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<tr>
<td><strong>Situational Stressors:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Perceived fear</td>
<td></td>
<td></td>
<td></td>
<td>0.31</td>
<td>0.14</td>
<td>0.196*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worry about police confrontation (1=yes)</td>
<td>2.44</td>
<td>0.75</td>
<td>0.277***</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Treatment by non-Latinos</td>
<td>-0.24</td>
<td>0.12</td>
<td>-0.166*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perceived support</td>
<td>-1.55</td>
<td>0.65</td>
<td>-0.187*</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Model $R^2$</td>
<td>0.03</td>
<td></td>
<td></td>
<td>0.17</td>
<td></td>
<td></td>
<td>0.38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adjusted $R^2$</td>
<td>0.02</td>
<td></td>
<td></td>
<td>0.12</td>
<td></td>
<td></td>
<td>0.32</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Model $F$</td>
<td>1.89</td>
<td></td>
<td></td>
<td>3.72*</td>
<td></td>
<td></td>
<td>6.47***</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

† $p < .10$  * $p < .05$  ** $p < .01$  *** $p < .001$
Community-Based ACTION

- Know Your Rights Forums
- Legal & Health Clinics
- Social events: Dinners and Dances!
- Education Outreach efforts—Church
- Tías y Tios MSU student program
- English Language Classes
- Computer Literacy Classes
- Lobbying efforts at the MT Legislature/May Day rally
- VAWA Petitions: Victims of Domestic Violence
New Year’s Eve Dance
Tias y Tios: Student Rally

Montanans Against LR-121 Rally

Thursday, October 25, 2012
2-4 p.m.
MSU Centennial Mall

For more info, contact Bethany Loesel: b.hoistcp@gmail.com (406) 570-
Outreach with Catholic Church: Northwest Immigration Bus Tour

Come listen to the STORIES OF IMMIGRANTS and learn more about COMPREHENSIVE IMMIGRATION REFORM 2013.

Saturday, March 9th, 3-4:30pm
Carroll College, SCOLA lounge
Helena, MT 59601

March 10th at 12:30pm, after mass.
Resurrection University Catholic Parish
1725 S 11th Ave
Bozeman, MT 59715

Northwest COMPREHENSIVE IMMIGRATION REFORM Bus Tour 2013

For more information, contact Elizabeth Marum (Montana Organizing Project) at 406-570-1033 or Bethany Lespiec (Montana Immigrant Justice Alliance) at 406-570-9172
Audomio Orozco-Ramirez is a rape survivor. He was sexually assaulted while in ICE custody in Jefferson County, Montana.

Click to sign a petition demanding justice for Audomio and protections for all immigrant detainees.
MIJA Ad Campaign: CIR
Lawsuit alleges Montana Highway Patrol profiled minority drivers

October 07, 2013 5:00 pm  •  By MATT GOURAS Associated Press

HELENA — A lawsuit filed Monday claims the Montana Highway Patrol improperly detained Hispanic drivers over unfounded concerns they were in the country illegally.

The lawsuit, filed in U.S. District Court by the Montana Immigrant Justice Alliance, said patrol officers were pulling over the Hispanic drivers for routine traffic violations and detaining them to check their immigration status.

The lawsuit argues the agency had no reason or authority to detain the drivers. It said race was the sole basis of the detentions. The lengthy court filing asks a federal judge to declare the policy unconstitutional and to stop the highway patrol from further constitutional violations.
MIJA Lawsuits

Groups Challenge Constitutionality Of Montana Measure Denying State Services To Those Without Citizenship Documents

By Amanda Peterson Beadle on December 11, 2012 at 4:45 PM
## Unpacking Sustainability

- **Multiple meanings of sustainability**
- **Not just about funding, although funding is important!**

### Table of Funding Sources and Authors

<table>
<thead>
<tr>
<th>Year</th>
<th>Funds</th>
<th>Source</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>$3000 + $19,800 = $22,800</td>
<td>ASA + NIH/INBRE</td>
<td>Letiecq &amp; Schmalzbauer</td>
</tr>
<tr>
<td>2009</td>
<td>$5320 + $46900 = $52,220</td>
<td>MSU + NIH/INBRE</td>
<td>Letiecq &amp; Schmalzbauer</td>
</tr>
<tr>
<td>2010</td>
<td>$70,375</td>
<td>NIH/INBRE</td>
<td>Letiecq</td>
</tr>
<tr>
<td>2011</td>
<td>$16890 + $7100 = $23,990</td>
<td>NIH/INBRE + SJF</td>
<td>Letiecq + CAB</td>
</tr>
<tr>
<td>2012</td>
<td>$17,160</td>
<td>SJF</td>
<td>Letiecq + CAB + MHRN + MOP</td>
</tr>
<tr>
<td>2013</td>
<td>$32,000</td>
<td>SJF + Other</td>
<td>Letiecq + CAB</td>
</tr>
<tr>
<td>2014</td>
<td>$30000 (Pending) +</td>
<td>SJF + Other</td>
<td>MIJA (Haque-Hausrath) + CAB</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>$218,545</td>
<td></td>
</tr>
</tbody>
</table>
Unpacking Sustainability

- Important to promote solidarity and resilience
  - Rituals and routines and HUMOR!
  - Identity (e.g., naming/branding of CAB)
  - Modeling positive communication, coping, conflict resolution
  - Self-Care
Many think sustainability = continuing the entire project with a similar level of funding

Yet multiple scenarios exist...

- CAB/community/university partners should identify key initiatives/priorities of focus
- Community priorities → Sustained effort
- Non-profits with volunteer labor can do a lot with a little
  - We established our own non-profit 501c3
  - Then provided BOD and fundraising/grant writing training for community members
Unpacking Sustainability

- Important to start a dialogue about sustainability early in project development and create shared understandings and commitment
  - How is partnership positioning project for sustainability?
    - Funding; Asset mapping; Are new alliances needed?
  - How will partnership decide priorities? Implement strategy?
  - How can we leverage resources with university and community partners?
  - What types of training needed for CAB/community partners/research team/faculty?
    - E.g., Activists Mobilizing for Power (AMP)
    - Community Organizing 101
    - BOD training/Advocacy/Activism
Unpacking Sustainability

Building progressive power through donor activism

Social Justice Fund Northwest is a foundation working at the frontlines of social change. We leverage the resources of our members to foster significant, long-term social justice solutions throughout Washington, Oregon, Idaho, Montana and Wyoming.
Building progressive power through donor activism

Giving Projects

Giving Projects are an innovative, participatory model of funding social change and building community. Each Project is made up of a diverse group of people at all income levels, each of whom makes a donation of an amount that is meaningful to them. Together they develop and improve their skills as donor organizers and grassroots fundraisers, then work together to move money to strategic, underfunded organizing for social change in Washington, Oregon, Montana, Idaho, and Wyoming.

A Giving Project is a group of about 15-25 people who commit to:

- Working together to strategically support underfunded social justice organizing in the Northwest.
- Building community together, across race and class.
- Grassroots fundraising with training and hands-on support from Social Justice Fund staff.
- A full grantmaking process, including site visits and final granting decisions.

She’s in...Susie (CAB member) signed up for the SJF Giving Project!
Factors that can facilitate or hinder sustainability?

- **Process**—CBPR is time intensive and process heavy
- **Planning**
- **Partnerships** (to include university system)
  - Opportunities for student/community engagement
  - Opportunities for faculty?

Lidice Tobar, Graduate Student, CAB Co-Director, MIJA BOD, Lobbyist in DC (for a day)

Yanet Eudave, Graduate Student, CAB Co-Director, MIJA BOD
Unpacking Sustainability

- Need for ongoing participatory and formative evaluation of the partnership process

- Recognition that 1) partnerships evolve and 2) not all partnerships should be sustained
  - E.g., our CAB turned over several times…
  - Tension between partner orgs (e.g., Catholic Church and human rights NGOs)

- Weathering the change process…
  - Anticipate changes in dynamics over time (e.g., as CAB changes)
  - Opportunity for creativity and innovation…and resilience!

(See Community-Campus Partnerships for Health)
THANK YOUs

- CAB members, community organizers, the research team, and mentors
- Community partners, esp MIJA and MHRN
- MSU and the INBRE program (NCRR/NIH)
- GEHMS program/McNair program
- Social Justice Fund NW
- ASA’s Sydney S. Spivack Program in Applied Social Research and Social Policy, Community Action Research Initiative (CARI Grants)

and

- VCU!