

Health and Mental Health Committee Meeting

April 12, 2022 6-7 pm

Cynthia Gonzalez, Committee Chair

Presenter: Dr. Natan Vega Potler, NYU Langone Psychiatry Resident and Researcher

Topic: Teen Mental Health Study

Jeremy Laufer took the roll call of committee members and noted board member attendees.

Cynthia Gonzalez welcomed the presenter and attendees. The teen mental health study is a project coming out of the NYU Child Study Center is part of the NYU School of Medicine. They aim to improve the mental health and wellbeing of children and families through research, training, clinical care, and community partnership.

Ms. Gonzalez inquired whether the study population (Mexican and Chinese teens) are viewed as at-risk youth. Ms. Gonzalez described at risk youth as referring to economic stressors, absence of parental and support network, or being culturally and geographically isolated. Other factors include requiring additional support to be independent, being physically, mentally, developmentally disabled, affected by substance abuse, vision or hearing impaired, or other medical and physical challenges. Also, difficulty reading, speaking, or understanding English.

Dr. Potler shared that the focus will be on the cognitive and mental state of the participants. The study aims to explore the resilience, rather than the deficits of the youth. They aim to explore the supports these children have, focusing on familismo and filio piety. They will explore commonalities in these two populations, changes in family status, immigration policy and the experience of the 2nd generation living in the U.S. They will focus on the pandemic experience and the resources that got them through this difficult time. The results will inform the development of programs to support teens.

Ms. Vandenbosch asked who was on their team. Dr. Potler stated that they are working with the Sunset Park Family Health Center and local CBO's. She asked about the sample size. He stated that they seek 30 participants from each cultural group. She asked about the timeline, and he stated they hope to complete recruitment by July. She asked if they have considered teens with disabilities. He stated that they had not, but this consideration will be brought back to the team. Ms. Vandenbosch stressed the importance of strategies to recruit participants with disabilities. He also stated that no comparable studies have been conducted with this population in this geographical area.

Ms. Gonzalez asked if they would have an advisory board. He stated that the advisory board will be comprised of participating local CBO's and the Sunset Park Family Health Center staff. He also assured that all participants will have parental permission. Ms. Gonzalez stressed the importance of the cultural appropriateness of the study materials and questionnaires.

Participants must be born in the United States to at least 1 parent from China or Mexico, be 14-18 years old and be fluent in English. Translation will be provided for parents if needed. Survey participants will be paid \$25. Interview participants will be paid an additional \$40. All responses are confidential.

Questions? Interested in participating? Contact: phone 646-754-5023, OR email csc.teenmentalhealthbk@nyulangone.org

Ms. Gonzalez thanked the presenter and attendees.