



# Promoting Cross-Cultural and Intergenerational Relationships

## Module 5 Glossary Terms

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**Acculturation:** The process of assuming the values, language, and cultural practices of a new culture.

**Acculturation strain:** The emotional difficulties experienced by immigrants as they adapt to their new country.

**Bicultural identity:** A sense of identity that spans two cultures and with a sense of comfort with both.

**Biculturalism:** The ability to move comfortably between two cultures.

**Bicultural socialization:** Learning the norms, customs, and attitudes of both your own home culture, often from the family, and mainstream culture, often in the context of school and community.

**Collectivist orientation:** An ideology in which individual needs and goals are generally subordinate to group needs and goals. Collectivism is characterized by high levels of interconnectedness, cohesion, and cooperation and interdependence.

**Culture:** The integrated pattern of thoughts, communications, actions, customs, beliefs, values, and institutions

associated, wholly or partially, with racial, ethnic, or linguistic groups, as well as with religious, spiritual, biological, geographical, or sociological characteristics. (U.S. Department of Health and Human Services, Office of Minority Health, 2013).

**Dignidad:** Refers to the value of dignity and respect in the way that Hispanics/Latinos prefer to be treated in formal settings.

**Ethnic identity** is defined as involvement in the cultural practices of a particular ethnic group and positive attitudes toward, attachment to, and feelings of belonging to that group (Phinney, 1989).

**Familismo:** Importance of the family and family support (Colon, 2007).

**Hispanic:** People whose cultural group comes from a country having Spanish as its primary language.

**Immigrants:** People who move to another country or region to which they are not native.

**Individualistic culture:** An ideology in which individual goals and desires are primary, independence and self-reliance are valued, and the interests of the individual are seen as taking precedence over the interests of the group.

**Intergenerational conflict:** Young adults may adapt more quickly to the new environment than their parents, which can lead to disagreement and conflict about values, lifestyle, and cultural norms.

**Interpreter:** Person who translates oral communications from one language to another. Bilingual/bicultural interpreters are preferred because they are more likely to be able to account for colloquial use of words and nuances in cultural meanings.

**Latino:** People from the Caribbean, Mexico, and Central and South America.

**Latinx:** Gender neutral label for people identifying as Latino/a (Salinas & Lozano, 2017).

**Machismo:** Attitude or way of behaving that values characteristics culturally associated with masculinity such as strength or aggression.

**Mental health disparities:** Experiences of racial and/or ethnic groups when their own mental health and mental health services are unequal or out of balance in comparison to the majority group's experiences (Hebert, Sisk, & Howell, 2008).

**Peer support providers:** Peer support providers are people in recovery who have experienced mental health difficulties themselves and provide support for others who are experiencing mental health difficulties at the moment. "Peer support is getting help from someone who has been there" (NAMI). **Family peer support** refers to support for family members from other family members who can share their experience of dealing with their young adult's mental health issues.

**Personalismo:** Trust and support established with others by developing warm, friendly, and personal relationships (Colon, 2007).

**Protective factors:** Protective factors contribute to resilience and reduce developmental risks either by promoting healthy processes, reducing unhealthy processes, or both.

**Refugee:** Person who is forced to leave home country to escape from danger or persecution.

**Respeto:** The value of respect that characterizes social interactions between Latino immigrants and service providers, following a brief friendly social interaction.

**Translator:** Person who converts written communications from one language to another.