

Pediatric Coping and Language Lab

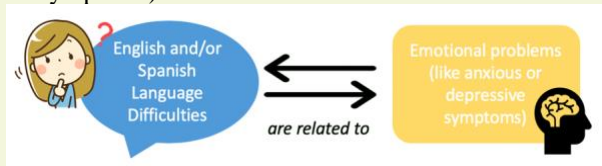
Spring 2021

Results from a part of the bilingualism study

Recently, we looked at the relationship between language skills in English and Spanish and mental health for bilingual youth.

We found that:

- Most youth had average or above average language skills in English and/or Spanish! As a whole, having average or above average language skills was related to having fewer emotional problems.
- Youth who had more difficulty with language in English and/or Spanish were more likely to report having emotional problems (like anxiety or depression symptoms).



What does this mean?

- Most youth in the study did not have language difficulties! Most children were on track for English and Spanish skills and had no increased risk for emotional problems.
- It may be important for youth with language difficulties to get language help in English *and* Spanish. For example, if your child sees a Speech and Language Pathologist (SLP), ask if they - or another SLP - can help your child in English and Spanish!
- If your child is struggling with language, check-in with them from time to time to see how they are feeling emotionally.

If you ever have any **concerns about your child's language, learning development, or mental health**, you have the right to ask the school for an evaluation.

If you have any **non-urgent concerns about your child's mental health**, you can connect with affordable mental health organizations with bilingual care, such as Vida Clinic (512-960-4533) or Austin Child Guidance Center (512-451-2242).

If you have **urgent concerns about a mental health crisis and live in the Austin area**, you can contact the Mobile Crisis Outreach Team (24 hours, 7 days a week) at 512-472-4357 or you can call 911 or go to the nearest emergency department.

COVID-19 Vaccines

Starting March 29, 2021, everyone above the age of 16 in Texas will be eligible to sign up for a COVID vaccine. The vaccines are not limited to Texas residents, and proof of citizenship is not required to receive the vaccine. Health insurance is also not necessary to get the vaccine- it's offered for free to all Texans, regardless of insurance or documentation!

To find a vaccine provider near you, visit the link below.

- <https://www.dshs.texas.gov/coronavirus/immunize/vaccine-hubs.aspx>

Austin's vaccine hubs can be found at these websites:

- <https://uthealthaustin.org/patient-resources/covid-19-updates/covid-19-vaccination>
- <http://www.austintexas.gov/covid19>

To schedule a vaccine appointment, visit a vaccine providers' website to sign up for a vaccine online. Each vaccine hub has a different registration process, so be sure to check their websites for more details!



Meet Claudia!

Hello! My name is Claudia Reino, and I am from Westchester, New York. I graduated this past May from Boston College with a B.A. in psychology, a concentration in clinical psychology, and a minor in Hispanic studies. I am currently a first-year graduate student in the School Psychology program at UT, and I aspire to work with underserved and bilingual youth and adolescents, as well as the incarcerated population. In my free time, you can find me exploring Austin, discovering delicious restaurants, and spending time outside.