

Promoviendo el Bien Estar: Self-Care Cultural Considerations for Hispanic/Latino Frontline Workers

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&

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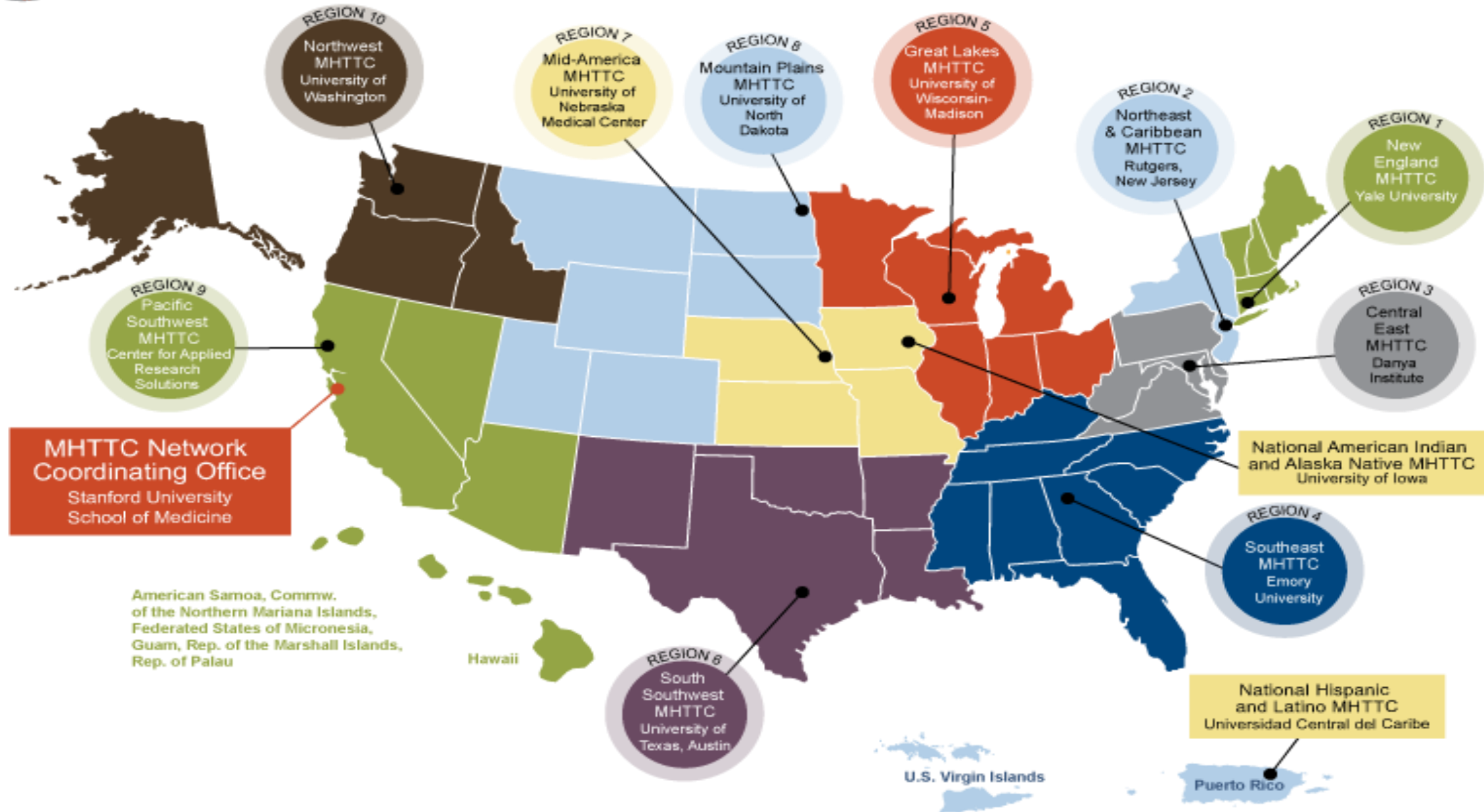


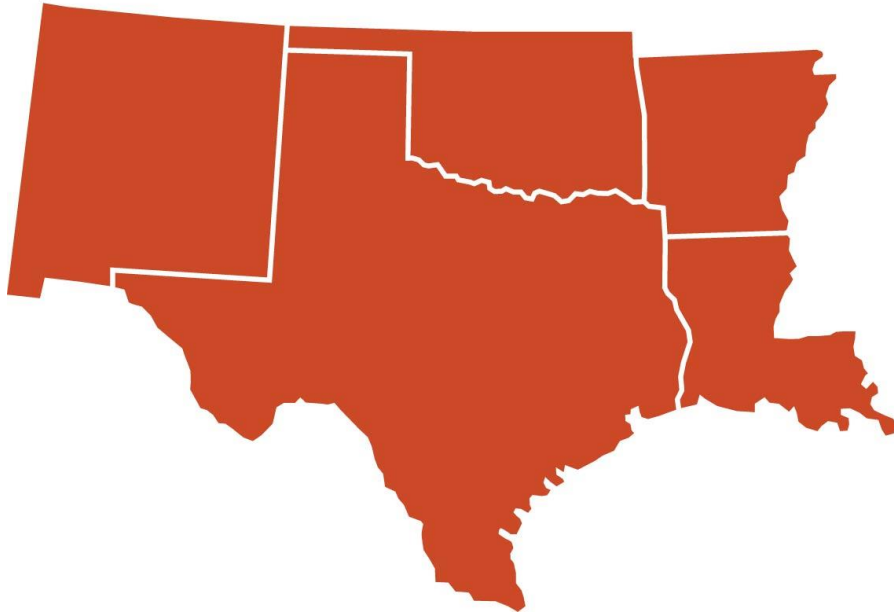
MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network





South Southwest Mental Health Technology Transfer Center

(South Southwest MHTTC)



The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
School of Social Work

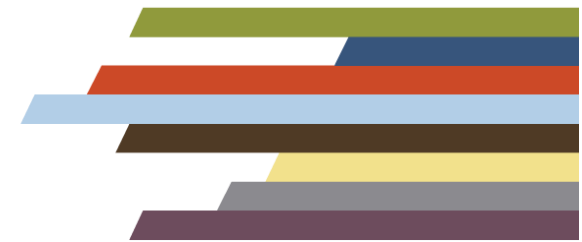




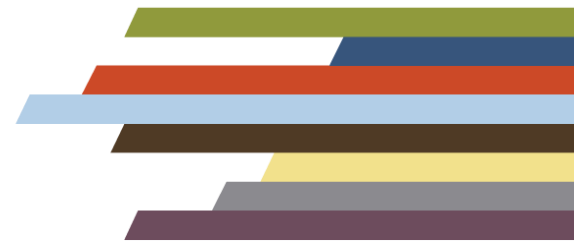
Image <https://www.newmexico.org/things-to-do/arts-culture/historical/native-american-history/>

Land Acknowledgment

We're standing in the traditional land of the tribes Alabama-Coushatta, Caddo, Carrizo/Comecrudo, Coahuiltecan, Comanche, Kickapoo, Lipan Apache, Tonkawa and Ysleta Del Sur Pueblo, and all the American Indian and Indigenous Peoples and communities who have been and have become a part of these lands and territories in Texas.

We acknowledge the painful history that has brought us to reside on these lands, and we seek to evaluate the effects on settling colonialism and our participation in that process, searching ways for the healing of intergenerational trauma.

We honor the indigenous caretaker's of these lands and waters before us, the indigenous people's today and the generations to come.



MHTTC TEAM



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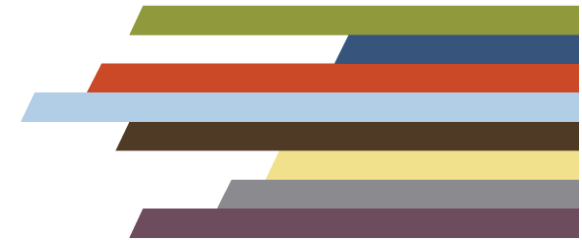
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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

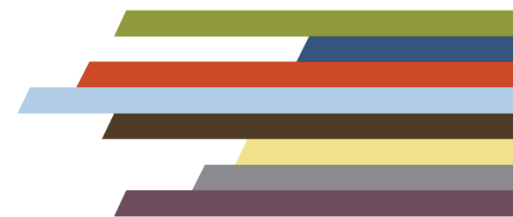
INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



Presenters



Dr. Elizabeth Chavez-Palacios, LPC-S, CRC, CCMC, CCTP

Dr. Chavez-Palacios obtained both graduate degrees at the University of Texas Pan American (aka University of Texas Rio Grande Valley). She obtained her masters degree in Clinical Psychology in 2006 and her doctorate in Rehabilitation Counseling in 2013. Her dissertation and current research interests include Latino/Hispanic cultural issues, substance use disorders, clinical supervision and bilingual counseling issues. She has been providing mental health services to the residents of Texas over 14 years in a variety of settings. She has been teaching at UTPA/UTRGV formally since 2013, but had served as a Teaching Assistant to the SRSC since 2009. In addition to her service in academia, Dr. Chavez-Palacios is the Program Director at Evolving Steps Counseling a comprehensive mental health services facility, with a focus on substance use disorders in adolescents. In her “spare time”, she enjoys time with her husband of 17 years and their children – Jesus, Elaina and Joshua.



Dr. Andrea Almaguer-Botero, LPC, LCDC-I

She has master’s degree in counseling psychology with a bilingual counselor certification from Texas A&M International University. In May 2020, she earned her PhD in Rehabilitation Counseling at The University of Texas at Rio Grande Valley. Her dissertation and current research is focused in mindfulness and mental health. Dr. Almaguer-Botero has worked as a professional counselor in different types of settings such as immigration and refugee centers, substance abuse clinics, schools and hospitals providing trauma and crisis counseling. Dr. Almaguer-Botero has taught and currently teaches undergraduate and graduate rehabilitation counseling courses. Her areas of interest include the Latinos population, mindfulness, trauma, spirituality, immigration and substance use. She is currently working in the neonatal intensive care unit department providing mental health services to mothers of NICU babies.


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Objectives:

- Identify and differentiate between stress, burnout and compassion fatigue
 - Increase awareness of stressors and triggers
 - Identify healthy and unhealthy coping skills (self-nourishment, self-medication & reconnecting)
 - Learn about the importance of self-care and identify self-care options.
 - Cultural Implications and Considerations of “self-care” within the Latino/Hispanic culture.
- 
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Topics to be Discussed

Health Care & Hispanics

Stress

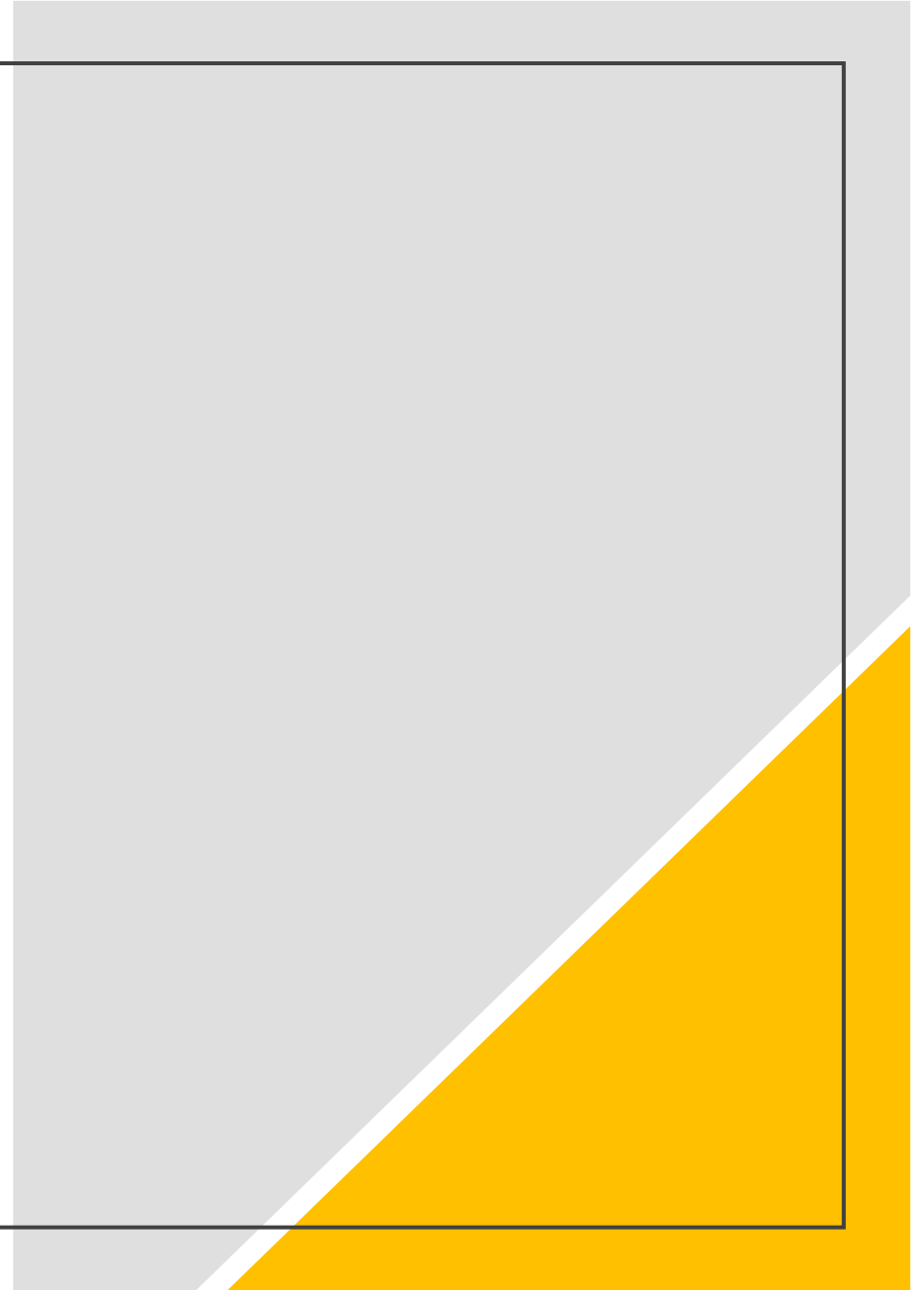
Hispanic Culture

Self-Care

Wellness & Hispanic/Latino Population

Resources

Health Care & Hispanics



General Health Concerns in the U.S.

Top Chronic Diseases in the U.S.:

- Heart Disease
 - Cancer
 - Stroke
 - Chronic Lung Disease
 - Alzheimer's Disease
 - Diabetes
- Six in 10 adults in the US have a chronic disease; Four in 10 adults have two or more diseases.
 - Tobacco use, poor nutrition, lack of physical health, excessive alcohol use and aging and risk factors associated with chronic diseases.

Center for Disease Control and Prevention (2019)

General Health Care & Hispanics

18.5% of the US population are Hispanic/Latino (60.6 million)
(Census, 2020)

Life expectancy of Hispanics in the US, is 81.8 years, compared to 78.5 years for whites and 74.9 years for African-Americans.

Medical treatment for Hispanics is sometimes viewed as incompatible with Hispanic needs (Martin, Harris, 1998 & Torrey, 1986).

Latino patients tend to overexpress the pain they are feeling; Therefore, doctors tend to administer less medication to minorities.

Latinos are more likely to let more serious, chronic or disabling presentations of mental health disorders progress (Falicov, 2014).

Hispanics in Health Care

Traditional and religious beliefs may persist over generations.

Traditional Latino Health beliefs are grouped into two categories.

Conventional and Complementary:

Conventional Includes Medicine and Religion

- Religious beliefs shape many interpretations and attitudes toward physical and mental illness. (ex. “Si Dios Quiere” or “Dios Mediante”)

Complementary includes Folk Illness also known as Cultural Concepts of Distress (DSM-5, APA 2010)

- Herbs and natural remedies are common in the Latino culture. (ex. nopal and savila)

Health care providers need to be culturally attuned to these illness perceptions to be able to develop comprehensive health care plans for Latinos. (Falicov, 2014)

Traditional Latino Health Beliefs

Conventional		Complementary	
<u>Medical</u>	<u>Religious</u>	<u>Witchcraft</u>	<u>Folk Illness</u>
<i>Problems</i>			
• Common Universal Illness	• Life Tragedies	• Mal Puesto	• Mal de ojo
	• Illness	• Ghost	• Susto
	• Sin and Guilt	• Bewitch	• Empacho
	• Stresses	• Jealousy, envy, anger	• Nervios
			• Ataque de Nervios
<i>Helpers</i>			
• Physicians	• Priest	• White & Black witches	• Curanderos (Folk Healers)
• Psychotherapists	• Pastors	• Espiritistas	• Yerberos (Herbalist)
	• Prayers	• Santeros (Healers)	• Sobadores

Hispanic/Latino Frontline Workers

Frontline worker or essential workers are those that are considered vital for the core functioning of societal infrastructure. (ex. COVID-19)

- It's important to identify them because resources are allocated to them.
- Industries vary (health care workers, police, cashiers, janitors, agriculture workers and truck drivers).


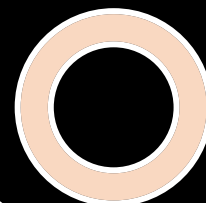


According to the NBER (2020), frontline workers share certain characteristics such as: less education, lower wage, higher representation of men, minorities (**especially Hispanics**) and immigrants.

COVID-19 changed the definition of "frontline" to those who provided labor in person.

(National Bureau of Economic Research, 2020)



Stress and it's Effects on Wellbeing



Stress, Burn Out & Compassion Fatigue


Stress

- “Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with demands being made on them or with threats to their well-being” (Lazarus, 1966).
- Stress can affect both our physical and mental health state. Stress can be physically reflected with headaches, stomach pain, constipation, loss of hair, lower sexual drive, muscle tension, back pain and crying spells (Lin, Huang, & Shiu 2015).

Burn Out

- “A prolonged response to chronic physical and emotional stressors resulting in exhaustion and ineffectiveness” (Maslach, Schaufeli & Leiter., 2001).

Compassion Fatigue

- “Known as Secondary traumatic stress and associated with the “cost of caring” for others in emotional pain” (Figley, 1982; Figley, 2002).
- 



When feeling stress, our body prepares for survival and uses up the energy and resources in our body (Kabat-Zinn, 2018).

The body goes into “Fight, Flight or Freeze” response.

- Amygdala: Threat Detection & Emotion
- Prefrontal Cortex: Conscious Thoughts

Brain releases epinephrine and cortisol, when these two levels remain high for a long period of time it can impair memory and learning.

Work related stress indirectly affects the organization and the patients (Lin, Huang, & Shiu 2015).

Lower quality of interventions are provided to the patient (Volpe et al., 2014).



Stressors/Triggers

People:

Spouse/SO, kids, co-workers, supervisors, in-laws & parents

Places:

Work, home & hospital

Things:

Cell phone & computer

Experiences/Situations:

Pandemic, traffic & being sick

Hispanic Culture



Hispanic Culture

Machismo (Culturally)- portrays ideal men as domineering, possessive and unfaithful.

Machismo (Merriam-Webster):

- a strong sense of masculine pride: an exaggerated masculinity
- an exaggerated or exhilarating sense of power or strength

Marianismo (Culturally)- portrays ideal women as submissive, self-sacrificing and modest (Falicov, 2014).

- Self-Sacrifice common in Hispanic/Latino women or mothers.

Marianismo (APA, 2020)

- an idealized traditional feminine gender role characterized by submissiveness, selflessness, chastity, hyperfemininity, and acceptance of machismo in males

Hispanic Culture

Familismo – is a concept that has been used repetitively for decades to characterize Latino Cultural preference about family organization (Falicov, 2014).

- It connotes a commitments to inclusiveness, participation and strong relationships in nuclear and extended family networks.
- Familismo suggests the attribute of collectivism or interdependence.

Collectivism – is the practice or principle of giving a group priority over each individual in it (Google,2021).

Nepantla – the concept of “in-betweenness”, the “in between” of a Hispanics’ minority culture and their majority culture (Zavaltea, 2020)

Barriers to Health Care & Hispanics

Language, Culture and Context (Falicov, 2014)

- Barriers in language, culture and context between health professionals and clients are often reasons why Latinos may end treatment before or frequently miss appointments.
- Language is considered one of the biggest significant stressors for many Latinos when receiving medical services.
- Idioms of Distress: (i.e. cultural mode by which individuals express their personal and psychological pain) may assume a somatic or medical rather than psychological form.
 - Idioms of distress can often be misread even with interpreters present.

Lack of Insurance (Falicov, 2014)

- Many Latinos may not have medical insurance and lack access to health care.
- Example: in the border it is common that Latinos take their health problems back to Mexico or local nonmedical healers.

Cultural Considerations

Self-care doesn't look the same for everyone because not everyone has the same resources

In the Hispanic/Latino culture, life difficulties are to be endured, handled and/or worked through, regardless. Quitting is not an option.

Hispanics/Latinos underutilize mental health services.

"Los trapos sucios se lavan en casa"

Health is defined by traditional healers, known in the Mexican culture as curandera/os as: a state of balance between the body, the mind and the soul/spirit (Flores, 2013).

Wellness



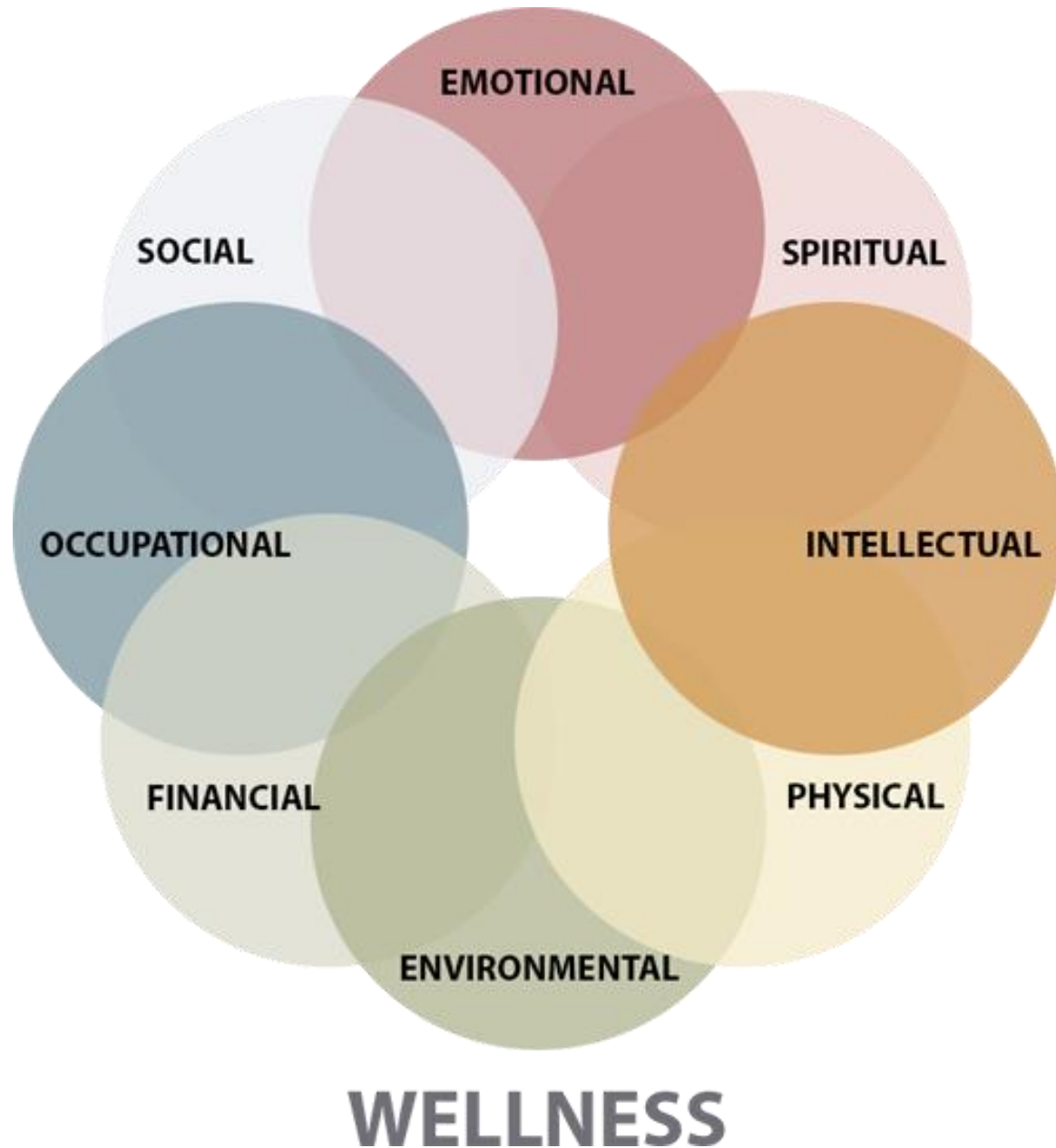
What is Wellness?

Looking at wellness as being healthy in many areas and or dimensions of your life.

Recognizes that culture and spirituality will impact our perceptions and everything we do.

More than one dimension can be affected at the same time, or one dimension can affect another dimension.

Self-care is important to maintain our Wellness.





Self-care & Hispanics/Latinos

Self-Care in Hispanics/Latinos

- Self-Nourishment (Nutrition and Sleep)
- Physical Activity
- Self-medication and Substances
- Reconnecting
- Platicas (Talking to friends/family)
- Religion and Spirituality (Church)

Self-Nourishment

- Feed yourself & Feed your friends!!
- We seek comfort in certain foods
- What are some foods that you tend to gravitate to when you are feeling stressed/overwhelmed?

Nutrition & Sleep

Do you have access to fresh, healthy food?

- Are you in a position to eat at home so you can better track what you are putting into your body?
- Are you improving your diet by setting small goals for small changes each day, week, or month?

Are you getting 7 to 8 hours of sleep a night whenever possible?

- Are you avoiding exercise within a few hours of bedtime, as well as “screen time”?
- Are you avoiding large meals before going to bed? caffeine?
- Try managing your routine to carve out time to rest and sleep



Physical Activity

Have you identified your healthy Body Mass Index and begun working toward it, one day at a time?

Have you been taking “shortcuts” to exercise, like parking further away from the store and taking the stairs instead of the elevator or escalator?

Are you getting regular physical activity whenever you can, and making it fun?

- Get an exercise partner to work out or go for a walk.



Self-Medication

Latinos tend to be reluctant to take medication. However, there is an exception with antibiotics, those tend to be overused by Latinos. (Falicov, 2014)

College students indicate favorable view of the use of cannabis to help cope with anxiety (Chavez-Palacios, Blanco & Graf, 2012)

Increase in alcohol use since COVID-19.....



Self-Medication and Substances

Alcohol, Tobacco, and Other Drugs

- Have you tried tools that can help you cut down or quit using tobacco products, alcohol, or other drugs?
- Are you reaching out to family or friends instead of using substances when you are going through a tough time?
Are you being mindful of triggers that make you want to use substances, and do you have a plan that can help you avoid them?

Find support groups and 12-step groups, like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), in your community and attend meetings.

Self-Medication and Substances

Preventive Medicine

- Do you visit your doctor, dentist, or other health care provider for routine care and monitoring?
Do you know how to check your blood pressure, waist circumference, and blood sugar to prevent chronic conditions like diabetes?
- Are you storing medications properly and reviewing the expiration dates?
- Do you carry a list of your medications with you in case of emergency?

Talk to your doctor, using a process of shared decision making when you are unsure about a prescription or need guidance.

Use of teas & salves

- Te de Tila, Te de manzanilla, Te de Pasiflora

What is your self-medication, medicine?

A close-up photograph of a camera lens, showing the glass element and the surrounding metal housing. The lens is slightly out of focus, and there is a reflection of a person's face on the glass surface. The background is a dark, blurred gradient of purple and blue.

Reconnecting

Disconnecting to reconnect, set time away from media and social media, or any triggers.

Identify those things, people and places that help you connect:

- We seek to reconnect with an object or activity close to your heritage: comfort foods, music, a blanket or special memento.
- Listening to a song that reminds you of grandma or busting out the warm blanket that mom/grandmother crocheted for us.
- What is your go-to object?

Reconnecting with culture

Guided Imagery

- Safe Place, Values, Special People and Moments.

Mindfulness Practice using music

- What does it remind you of?
Choose a special song?

Platicas!!

“Dime con quien andas, y te dire quien eres”

- Surrounding yourself with people who will contribute to your well-being.

We should be careful who we associate with. Are they weighing you down? Or lifting you up? Are they “vibing” positive or negatively towards you....?

Who are people in your life that help contribute to your well-being?

Religion & Spirituality (Church)

Prayer & meditation (Wachholtz & Sambamthoori, 2013)

Church services/mass (online or in-person)

Worship songs/Hymns (ex. listening in the car, shower)

Pastoral guidance

Have you used some aspect of your spirituality/religion to help you through tough time?

Other Self-Care Options – Let's Share!!

What have you done – that has worked for you??

Overall.....
Strategies to
help alleviate
mental stress
include:

Self-monitoring and pacing

Regular check-ins with yourself and others

Identifying triggers

Working in partnerships or in teams

Brief relaxation/stress management breaks

Regular peer consultation and supervision

Reach out to a mental health professional



Questions ??



Resources

Mental Health: <https://www.hidalgocounty.us/2498/Mental-Health-Resource-Guide>

Mindfulness/Breathing/Relaxation

Audios: https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1

Sleep: Calm App, HeadSpace,

Smoking: <http://health.howstuffworks.com/wellness/smokingcessation/tools-to-help-successfully-quit-smoking.htm>

Physical Activity and Nutrition: <http://www.myfitnesspal.com>

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South Southwest (HHS Region 6)

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