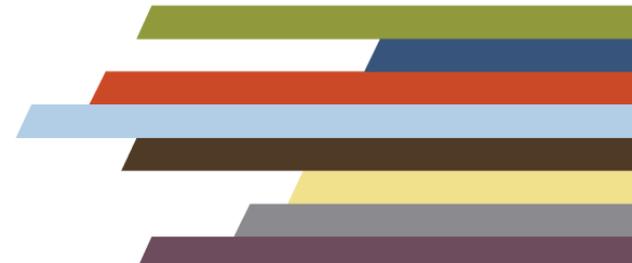


3-PART WEBINAR SERIES

**Supporting Latinx Students and
Caregivers Emotional and Mental
Health Well-being during the
COVID-19 Pandemic
Part 3**



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/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

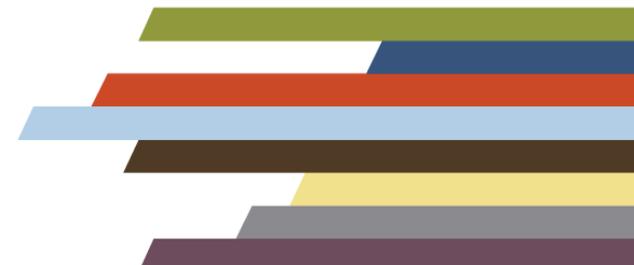
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf





National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Grieving Process: Dealing with Loss During a Pandemic

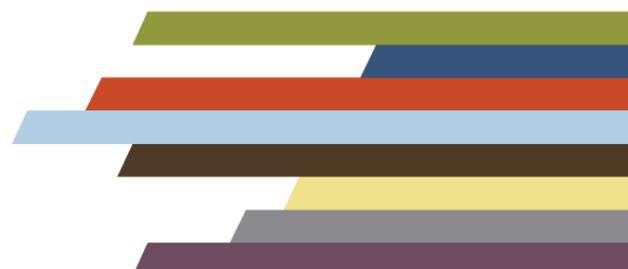
Patricia L. Landers Santiago, MEd, PsyD

September 29, 2020

SAMHSA
Substance Abuse and Mental Health
Services Administration

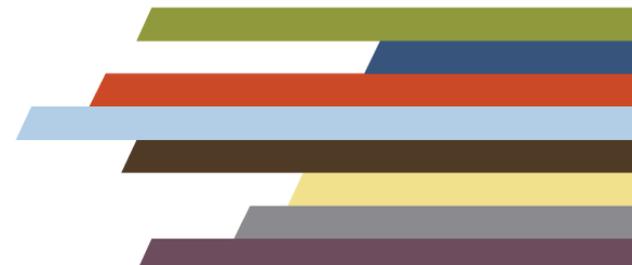
UCC
UNIVERSIDAD CENTRAL DEL CARIBE

IRESA
INSTITUTE OF RESEARCH,
EDUCATION
AND SERVICES IN ADDICTION



Authors Disclose Conflicts of Interest

I declare no conflict of interest in this presentation.



Objectives



Identify types of grieving during a pandemic.



Know about the grief process and how it varies among people.



Provide strategies for managing grief during a pandemic or difficult time.

Important terms

loss

death

grief

Important terms

The act or fact of losing something; harm or distress that comes from losing something or someone.
(Merriam-Webster)



loss

Primary losses: are typically tied to major life events, such as the death of a loved one or a job loss.

Secondary losses: the loss of relationships, recreation and social support.

COVID-19 = many secondary losses

Important terms

death

the act of dying; the end of life; the total and permanent cessation of all the vital functions of an organism.

Important terms

Cedars-Sinai Staff, 2020

“We live in a culture of needing to look as if we've got it all together“

"Grief is the antithesis of that, and we need to embrace the grieving process."

grief

Grief is a reaction to a ***loss***.

Sheethal Behari

Loss is an intrinsic part of life: "We can't go through our lives without experiencing some loss"

"We need to give ourselves time and space to mourn."

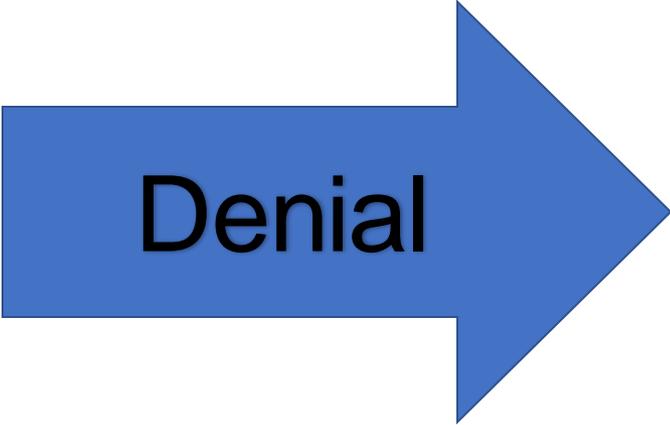
The Grieving Process

5 Stages of Grief_{by}

Elizabeth Kubler-Ross

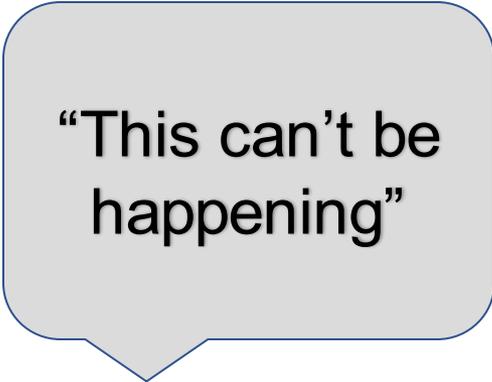
- Denial
- Anger
- Bargaining
- Depression
- Acceptance

The Grieving Process



Denial

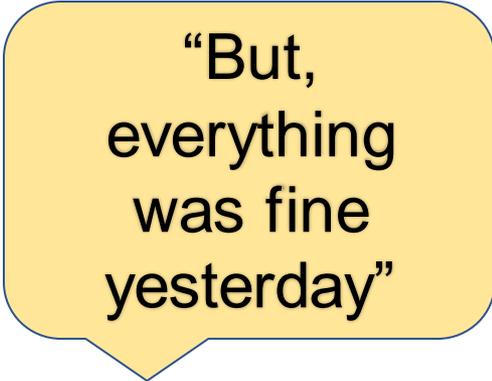
- Avoidance
- Confusion
- Shock
- Fear



“This can't be happening”

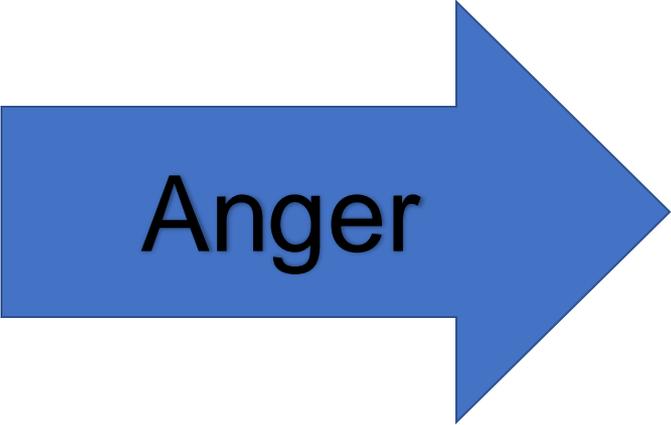


“What's going on?”



“But, everything was fine yesterday”

The Grieving Process

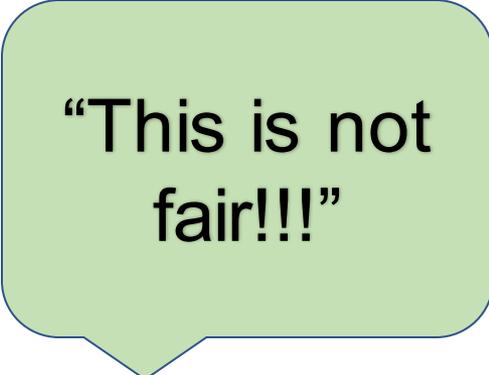


Anger

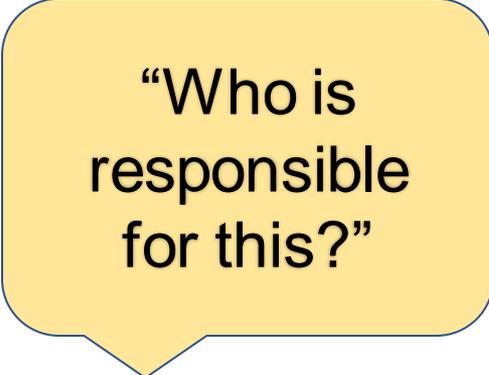
- Frustration
- Irritation
- Anxiety



“Why me?”



“This is not
fair!!!”



“Who is
responsible
for this?”

The Grieving Process

Bargaining

- Telling own story
- Finding meaning
- Reaching out to others

“I’ll do anything to turn back time”

“If I only could’ve done things differently”

“Just let me be ok...”

The Grieving Process

Depression

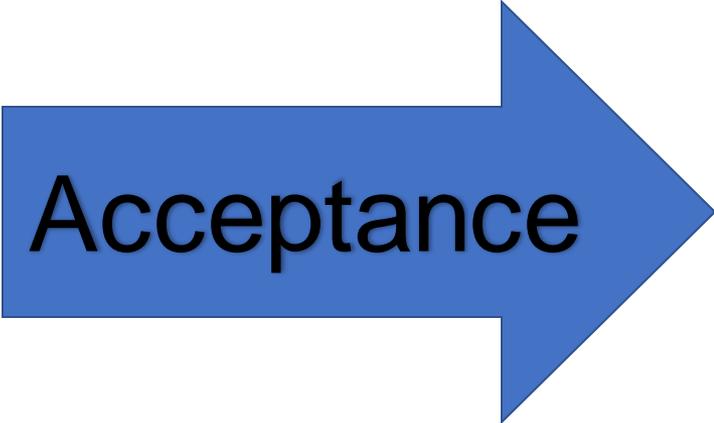
- Overwhelmed
- Sadness
- Helplessness
- Hostility

“I’m so sad”.

“What’s the point?”

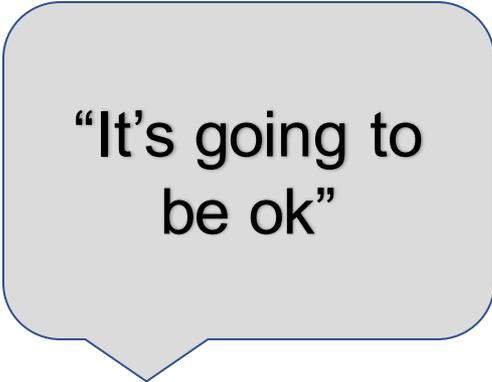
“I miss the life I had before this”.

The Grieving Process

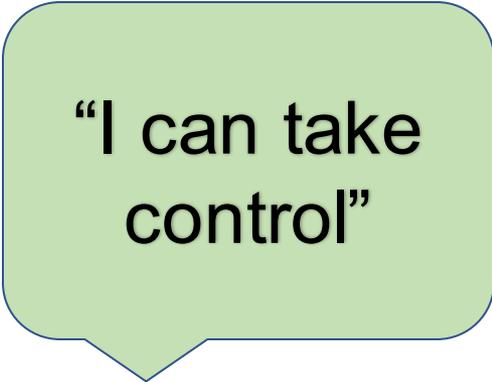


Acceptance

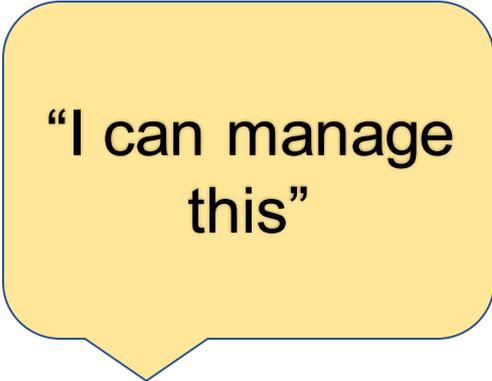
- Exploring options
- New plan in place
- Moving on



“It’s going to be ok”



“I can take control”

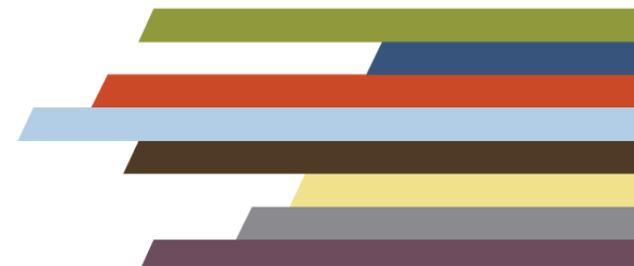


“I can manage this”

The Grieving Process



Kübler-Ross, 1997
pdsociety.org



Grieving process in children

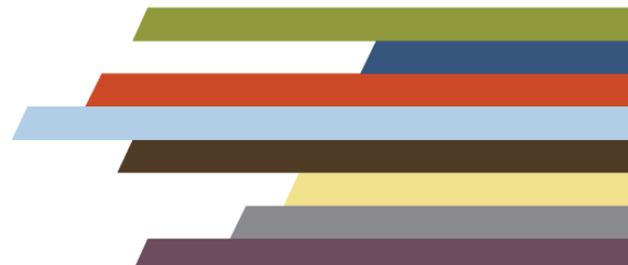
- The grieving process in children is different from adults (Darman, 2011).
- Children need assistance and guidance to cope with the emotions related to the loss of a loved one (Lenhardt & McCourt, 2000). If left untreated, complicated grief can persist over time.
- Some Hispanic and Latino children may believe that by not showing their emotions, by displaying manly attitudes, by not questioning, and by not becoming a burden to their family, they are helping their families (Athán, 2014; Houben, 2012).



Grieving process in children

- Mental health providers need to be mindful about each student's specific cultural values and social norms.
- Extended family members like cousins, grandmothers, uncles and aunts, could serve as useful resources in helping mental health providers explore the family traditions and values.

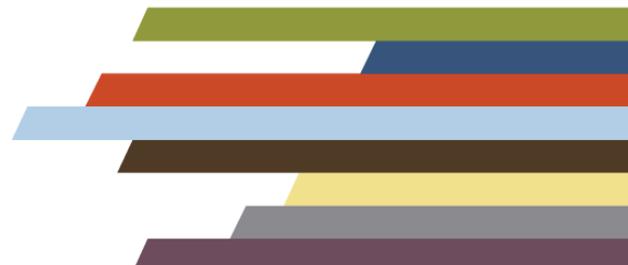
(National Association of School Psychologists)



Grieving in Latinx Children

- Children may show grief differently than adults.
- Children may have a particularly hard time understanding and coping with the loss of a loved one.
- Sometimes children appear sad and talk about missing the person or act out. Other times, they play, interact with friends, and do their usual activities.
- As a result of measures taken to limit the spread of COVID-19, they may also grieve over loss of routines such as going to school and playing with friends. Parents and other caregivers play an important role in helping children process their grief.

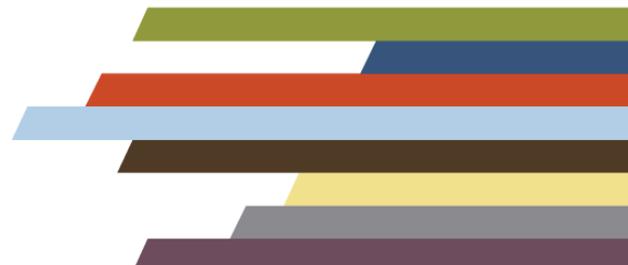
CDC, 2020



Grieving in Latinx Culture

- The immediate and extended family plays a major role in the area of death and dying within the Latino/a culture. (Doran & Downing, 2006; Soriano, 1991; Vega, 1990)
- Large family networks provide comfort and practical aid while grieving.
- Expression of grief is a common and accepted practice. Rituals and practices facilitate the grief process as death and dying are prevalent parts within the Latino/a culture. Crying and wailing are often expressed and seen as a sign of respect and love.

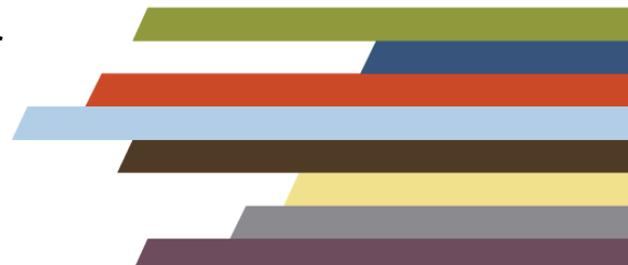
National Hispanic and Latino Mental Health Technology Transfer Center
(NHLMHTTC) Network, 2019



Grieving in Latinx Culture

- It is frowned upon for men to show demonstrative acts of grief such as crying or wailing. Instead, men are expected to grieve in a more reserved manner. This is associated with the cultural values of *machismo* which uphold certain expectations for men.
- Latino/as experience grief deeply and intensely when compared to other cultures. The duration, frequency, and intensity of the grief process is impacted by the manner of death and the family's cultural beliefs. This is exacerbated if the death is unexpected or involves the death of a child.

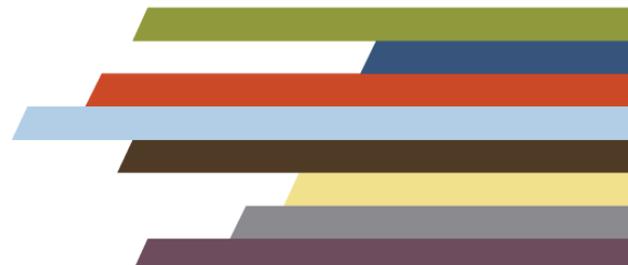
National Hispanic and Latino Mental Health Technology Transfer Center (NHLMHTTC) Network, 2019



Grieving in Latinx Culture

- Mental health professionals and school personnel must take in consideration cross-cultural differences if they want to help alleviate the suffering involved with grieving.
- Counselors should become culturally competent, by using culturally adapted coping mechanisms and strategies, to help grieving students cope with the death of a loved one.
- Counselors could encourage Hispanic and Latino children to share their feelings with people they trust and feel comfortable with, to alleviate their burden and to help them understand that grief is a normal process, and they are not alone (Houben, 2012).

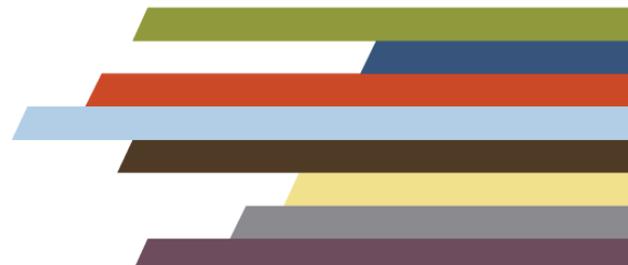
National Hispanic and Latino Mental Health Technology Transfer Center
(NHLMHTTC) Network, 2019



Grieving in Latinx Culture

- As a relationship-oriented culture, there is a focus on attachment, as opposed to detaching from the deceased in order to process grief.
- Latino/as hold a general belief that there is a continued relationship between the living and the dead resulting in rituals that honor this relationship.
- Common themes in grieving patterns reflect the concept of spiritual continuity and continuing relationships with the deceased.

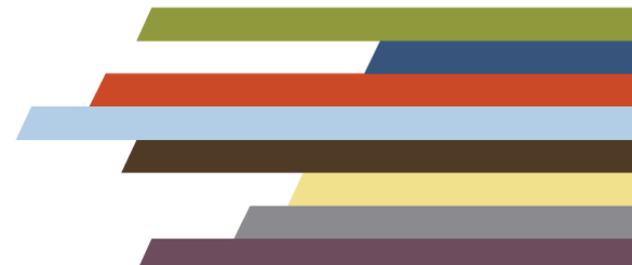
Hernandez, Rosales & Brodwin, 2018



Grieving in Latinx Culture

- Doran and Downing (2006) emphasized the importance of maintaining a bond with the deceased in the Latino/a culture. In their study, they found common themes in the grieving patterns of Mexican American families after the death of a child.
- Remaining connected serves as a protective factor, helping the family cope with the loss, and providing comfort and support.

Hernandez, Rosales & Brodwin, 2018

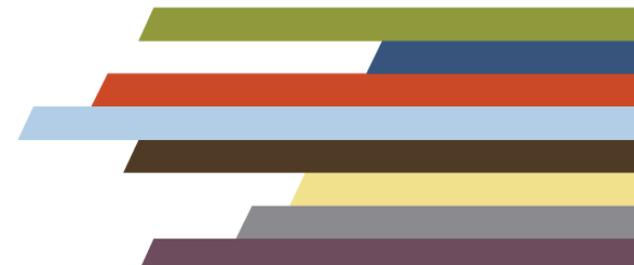


Grief Experience During the Pandemic

During the **COVID-19** pandemic, you may feel grief due to:

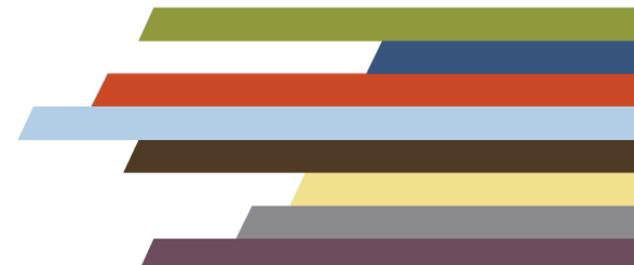
- **loss** of a job
- inability to connect in-person with friends, family or religious organizations
- missing special events and milestones (such as graduations, weddings, vacations)
- experiencing drastic changes to daily routines and ways of life that bring comfort.

CDC, 2019



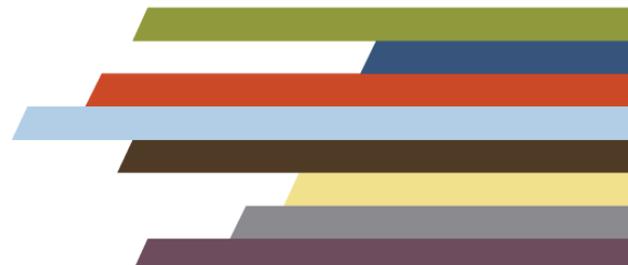
Grief Experience During the Pandemic

- You may also feel a sense of guilt for grieving over losses that seem less important than loss of life (CDC, 2019).
- It is important to recognize and acknowledge everyone's individual sense of loss.

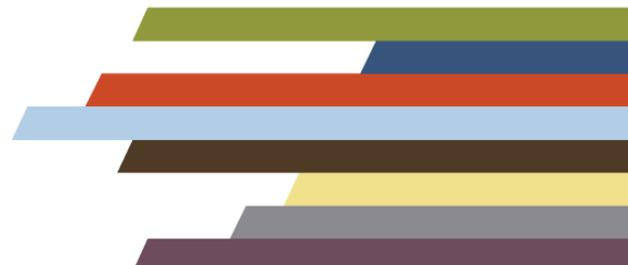


Grief Experience During the Pandemic

Grief is a universal emotion; there is no right or wrong way to experience it, and all losses are significant.

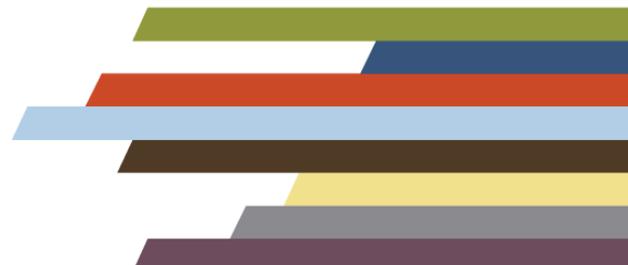


How to Cope with Grief?



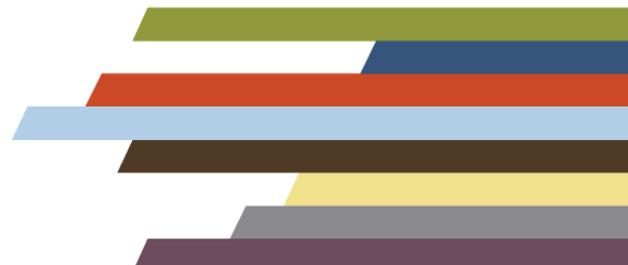
Grief Coping Skills

- Acknowledge your losses and your feelings of grief.
 - Find ways to express your grief.
 - Some people express grief and find comfort through art, gardening, writing, talking to friends or family, cooking, music, gardening or other creative practices.
- Let everyone express grief in their own way



Grief Coping Skills

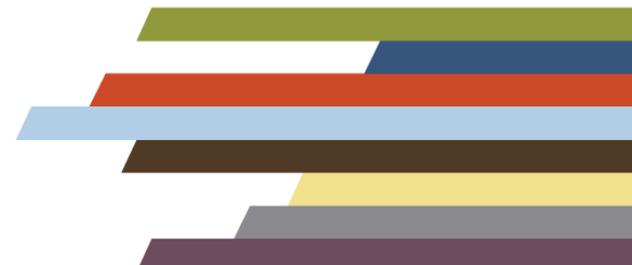
- Consider developing new rituals in your daily routine to stay connected with your loved ones to replace those that have been lost.
 - People who live together may consider playing board games and exercising together outdoors.
 - People who live alone or are separated from their loved ones may consider interacting through phone calls and apps that allow for playing games together virtually.



Grief Coping Skills

- If you are worried about future losses, try to stay in the present and focus on aspects of your life that you have control over right now.

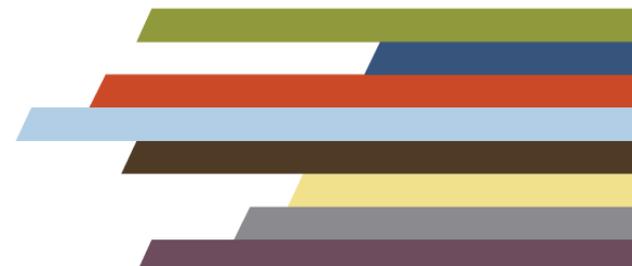
**FOCUS ON
HERE
AND
NOW**



Grief Coping Skills

CDC, 2019

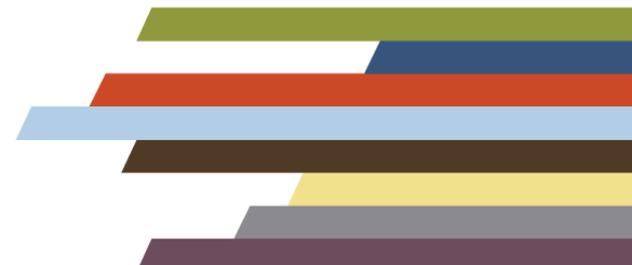
- Ask questions to determine the child's emotional state and better understand their perceptions of the event.
- Give children permission to grieve by allowing time for children to talk or to express thoughts or feelings in creative ways.
- Provide age and developmentally appropriate answers.
- Practice calming and coping strategies with your child.



Grief Coping Skills

CDC, 2019

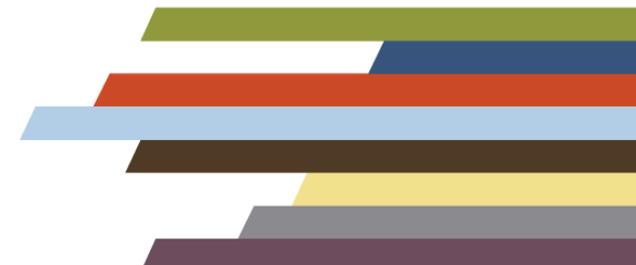
- Take care of yourself and model coping strategies for your child.
- Maintain routines as much as possible.
- Spend time with your child, reading, coloring, or doing other activities they enjoy.



Grief Coping Skills

Cedars-Sinai Staff, 2020

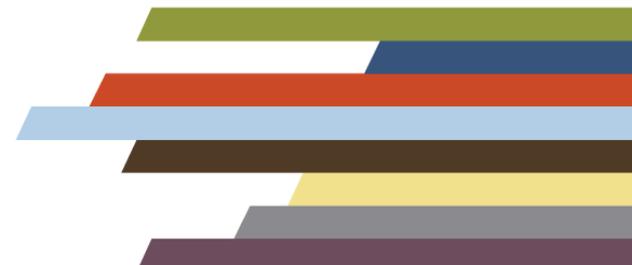
- Finding meaning after a loss can be an important part of grieving.
- Faith is an important element in Latinx families (Rev. Pam Lazor, 2020 in Cedars-Sinai Staff personal interview)
 - "Having faith can help us understand our loss and find a sense of meaning and hope after the loss,"
 - "Faith might not be religious faith. It could be faith in our own resilience or our connection to our community."



Grief Coping Skills

Cedars-Sinai Staff, 2020

- "However we view it, having faith can have a very positive effect following grief and loss."
- "It's important to acknowledge that, in this difficult time, there are layers of loss going on around us. We need to be patient with ourselves and patient with others."

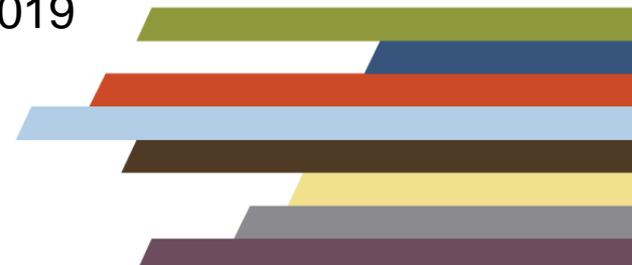


Warning Signs

Changes in behavior

- acting out
- not interested in daily activities
- changes in eating and sleeping habits
- persistent anxiety, sadness, or depression
- if troubling reactions seem to go on too long, interfere with school or relationships with friends or family, or if you are unsure of or concerned about how your child is doing.

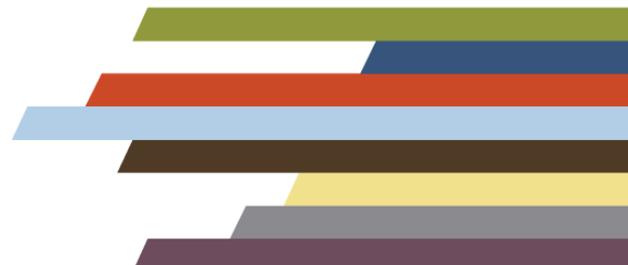
CDC, 2019



Closing Statements

- "We can't go through our lives without experiencing some loss. We need to give ourselves time and space to mourn."
- "Sometimes, people aren't aware that grief is what they're experiencing; giving grief a name can be a relief and help put what they're feeling into context."

Cedars Sinai Staff, 2020

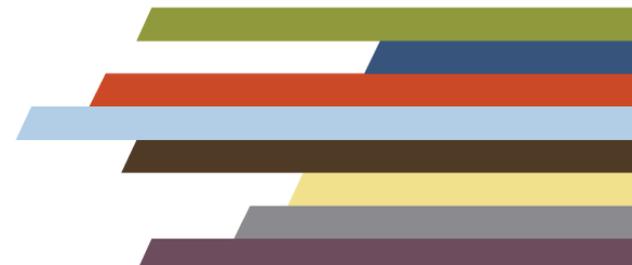


Important Facts



Only **1 in 5 Latinos** with symptoms of a **psychological disorder** approach a doctor.

Only **1 in 10 Latinos** approach a mental health professional.



ASK FOR HELP

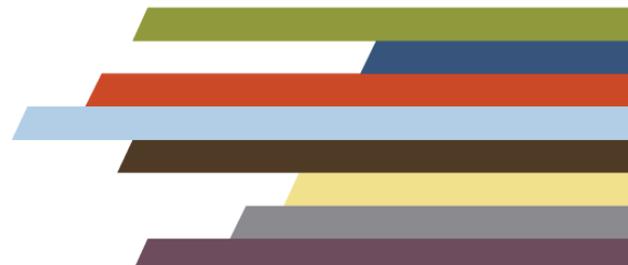
- It's okay to seek for help
- Identify available resources
 - Family
 - Friends
 - Coworkers
 - Other parents
 - Peers
 - Support groups

- Mental health professionals
- Main physician
- Crisis hotline



QUESTIONS?

Thank you!!!



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National Hispanic and Latino

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El bienestar emocional y de salud mental de los estudiantes hispanos y latinos y sus cuidadores durante la pandemia de COVID-19

- Octubre 13: Distanciamiento social: manejo de los efectos emocionales de estar lejos de los demás
- Octubre 20: Estrategias para manejar las emociones en niños, adolescentes y cuidadores durante la pandemia de COVID-19
- Octubre 27: Proceso de duelo: lidiar con las pérdidas durante una pandemia



Recurso:

Patricia L. Landers Santiago, MEd., PsyD.

1:00-2:30 PM hora del este
Matrículete para los tres eventos
<https://bit.ly/3iOytPq>

Separe las fechas 



National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Promoting culturally responsive
mental health services for
Latino agricultural workers who
bring food to our table.

Hispanic Heritage Month

September 15 - October 15, 2020

UPCOMING WEBINAR

**October 2nd - The Evolution of Latino Identities and Mental Health
1:00-2:30 PM Eastern Time**



Promoviendo servicios de salud
mental culturalmente sensitivos
dirigidos a trabajadores
agrícolas latinos que llevan la
comida a nuestra mesa.

Hispanic Heritage Month

septiembre 15 - octubre 15 de 2020

SAVE THE DATES

Institutional Racism and How it Impacts the Latinx Experience as it Relates to Behavioral Health TTC Series

2:00 pm EST

- **SEPTEMBER 17- NATIONAL HISPANIC AND LATINO MHTTC**
- **OCTOBER 1- NATIONAL HISPANIC AND LATINO ATTC**
- **OCTOBER 8- NATIONAL HISPANIC AND LATINO PTTC**
- **OCTOBER 15- NATIONAL HISPANIC AND LATINO MHTTC**

**CELEBRATING HISPANIC HERITAGE MONTH
SEPTEMBER 15 - OCTOBER 15**



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



National Hispanic and Latino

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

National Latino Behavioral Health Association **NLBHA**



IRESA

INSTITUTIONAL RACISM EDUCATION SERVICES AND TRAINING



UCC

UNIVERSITY CENTER FOR CARE

SAMHSA
Substance Abuse and Mental Health Services Administration



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Project

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We encourage you to complete the evaluation of this training series. You will receive a link to complete our evaluation form, it will take about 2 minutes, and you will be supporting our work. The certificate of attendance will be sent in two weeks after the completion of the evaluation.

Website:

<http://www.mhttcnetwork.org/hispaniclatino/>

Email: hispaniclatino@mhttcnetwork.org

