

RESILIENCY IN ACTION: HISPANIC COMMUNITIES

ORALIA GUTIERREZ, LCSW





THE EFFECTS OF COVID-19 ON MENTAL HEALTH

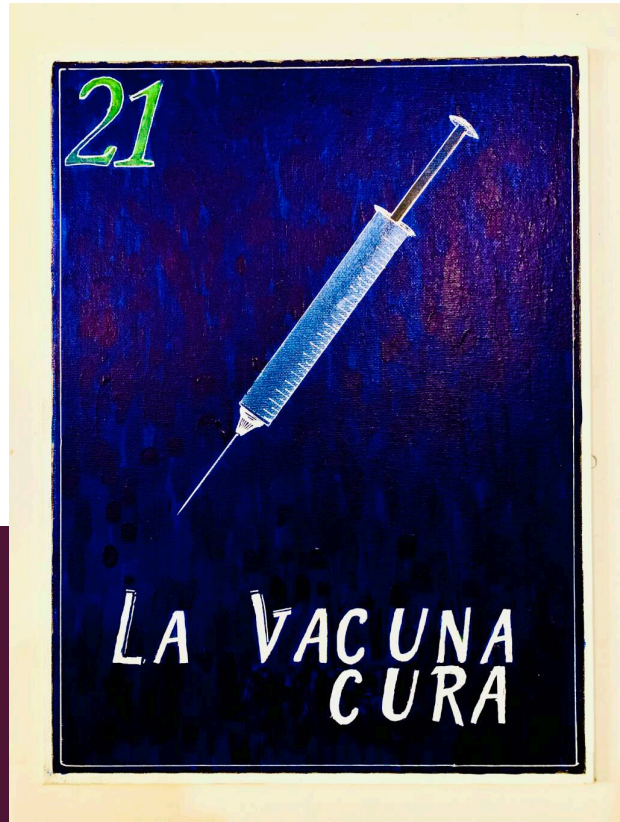
1. Latinx community is overrepresented in essential jobs and underrepresented among those with access to health care
2. SDOH- Socio-economic status, denser housing conditions, limited access to linguistically appropriate healthcare including mental health
3. Historic lack of access to mental health services and supports

1. Overall decline in mental health/well-being, across all groups/populations
2. ACES and pandemic stress increased significantly for minority groups in comparison to their counterparts
3. One study evidenced an increase in anxiety for 20% of the Latinx community surveyed, and up to a 38% reported an increase in symptoms of depression



RESILIENCE

1. Studies show resilience buffers some of the effects of COVID-19 symptoms on stress and mental health, however the more symptoms present, the less that resilience was able to buffer the effects
2. Resilience in children was positively correlated with high self esteem, school-based supports, and parental supports
3. Collectivist ideals
 1. Relational resilience= Types of physical and mental support that we receive from family, peers, and our local community
 2. Family is a main component to resilience
4. History of overcoming adversity



COVID-19 VIDA INITIATIVE

Vaccination Immunization Dosage Awareness (VIDA)- Assisted by allocating \$1,000,000 to nonprofit community health centers

Hispanic Federation Launches COVID-19 VIDA Initiative In Partnership With 14 Latino Community Federally Qualified Health Clinics in New York, Illinois, Texas, Arizona, California, Washington, Puerto Rico, and the District of Columbia

RESILIENCE MOVING FORWARD

1. Continue to study the effects of COVID on the mental health of all populations
2. Advocate for the improvement of mental health systems
3. Refer individuals to mental health services in a timely manner
4. Provide support and education for individuals in their native language
5. Parents and caregivers: Aide children in increasing self-esteem through re-framing techniques
6. Schools: Provide supports for children and families in times of transitions



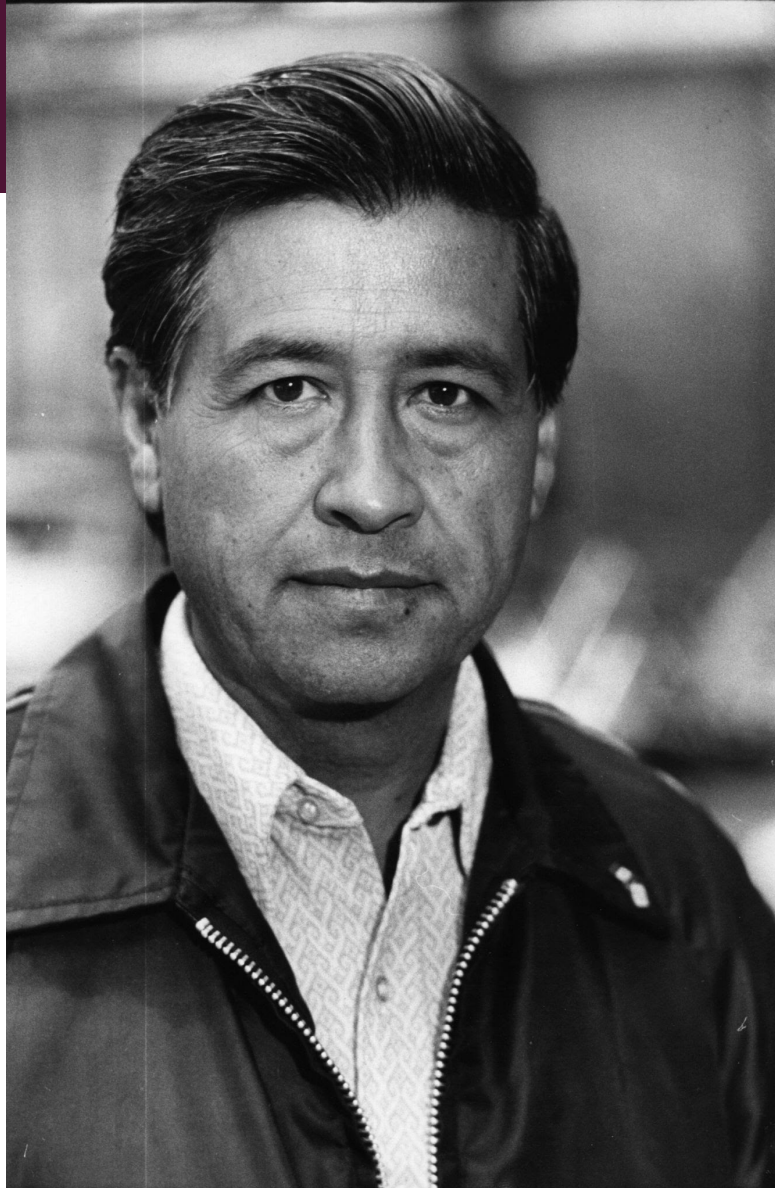
VOCES EN LA PANDEMIA



Voces Oral History Center- University of Texas Austin

“Leading a team of collaborators including institutions of higher education across the country, to record, archive and disseminate interviews to help researchers, journalists and the broader public gain a greater appreciation of the experiences in the Latino community during this historic time.”

<https://voces.lib.utexas.edu/voces-pandemic>



- **“From the depth of need and despair, people can work together, can organize themselves to solve their own problems and fill their own needs with dignity and strength.”**
- **“We draw our strength from the very despair in which we have been forced to live. We shall endure.”**

REFERENCES

1. D'Costa, S., Rodriguez, A., Grant, S., Hernandez, M., Alvarez Bautista, J., Houchin, Q., Brown, A., & Calcagno, A. (2021). *Outcomes of COVID-19 on Latinx youth: Considering the role of adverse childhood events and resilience*. *School Psychology, 36*(5), 335–347. <https://doi.org/10.1037/spq0000459>
2. Pérez-Gómez HR, González-Díaz E, Herrero M, de Santos-Ávila F, Vázquez-Castellanos JL, Juárez-Rodríguez P, Moreno-Jiménez B, Meda-Lara RM. *The Moderating Effect of Resilience on Mental Health Deterioration among COVID-19 Survivors in a Mexican Sample*. *Healthcare*. 2022; 10(2):305. <https://doi.org/10.3390/healthcare10020305>
3. Information about VIDA vaccine initiative:
https://www.hispanicfederation.org/media/press_releases/hispanic_federation_launches_covid-19_vida_initiative_in_partnership_with_14_latino_community_health_clinics/