

**YOUR HEALTH IS MY HEALTH:
SPREADING WELLNESS IN THE PANDEMIC ERA**



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May 7, 2021

OVERVIEW

- Grounding Exercise
- Coping with Grief and Uncertainty
- Community-Centric Self-Care
- Wellness-Spreading Tips
- Resources for Community Caretaking
- Seeking Professional Services



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- Staff Psychologist, UCLA Counseling and Psychological Services
- Wellness Advocate, Dream.US and Golden Door Scholars
- Former Co-chair of CA Psychological Association's Immigration Task Force and co-author of clinical recommendations for working with undocumented immigrant clients
- Research and training experience on the mental health of immigrants, first-generation college students, and students of Color
- Integrative approach informed by Liberation, Feminist, and Community psychology

COMMUNITY ROLL CALL



On a scale from 1-5, with 1=Very Unlikely and 5=Very likely, how likely were you to consider seeking mental health support pre-pandemic?

LOVING KINDNESS EXERCISE



IT'S NOT YOUR IMAGINATION

ITS OKAY TO GRIEVE...

@_HAPPYASAMOTHER



YOUR CANCELLED TRIP



YOUR BABY SHOWER



YOUR GRADUATION CEREMONY



YOUR CHILD'S BIRTHDAY PARTY



YOUR FREEDOM



TIME WITH LOVED ONES



YOUR WEDDING



YOUR BIRTH PLAN



A STABLE PAY CHECK

"We feel the world has changed, and it has. We know this is temporary, and we realize things will be different...This is hitting us and we're grieving. Collectively." -David Kessler

5 Stages of COVID-19 and Grief:

Denial: "The virus won't affect us"

Anger: "You're making me stay at home and taking away my activities"

Bargaining: "Okay, if I social distance for two weeks everything will be better, right?"

Sadness: "I don't know when this will end."

Acceptance: "This is happening; I have to figure out how to proceed."

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Racism and the COVID-19 Outbreak



Increased risk of acquiring COVID-19 and manifesting severe COVID-19

Medical

- Under or uninsured
- Limited healthcare access or options
- Higher prevalence of comorbidities

Economic

- Need to continue to work despite “social distancing”
- More likely to have a job where risk of COVID-19 exposure is higher
- Use of mass transit

Legal

- Fear of legal penalties for themselves or their families if healthcare is sought

Social

- Crowded households
- Multigenerational households
- Reduced internet and phone access
- Limited ability to speak/read English

Potential Socioeconomic Outcomes of COVID-19

Medical

- Higher COVID-19 morbidity and mortality
- Loss of employer-sponsored healthcare → worsening of comorbid conditions

Economic

- More days of work
- Unemployment (job loss or relinquished due to COVID-19)
- Inability to pay loans/rent

Legal

- Ineligible for unemployment benefits and COVID-19 relief checks
- Underrepresented in 2020 census results

Social

- Food insecurity
- Worsening stigma/neglect

UC UndocuScholars Study

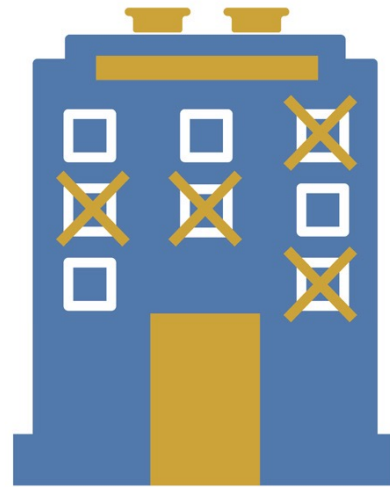
Enriquez, L. E, Burciaga, E. M, Cardenas, T, Cha, B., Delgado, V., Lopez, M., et al. (2019). How Can Universities Foster Educational Equity for Undocumented College Students: Lessons from the University of California. UCLA: Institute for Research on Labor and Employment.

Key Findings:

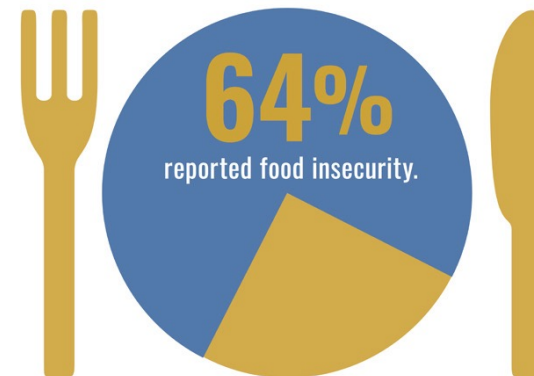
- Discomfort when disclosing immigration status and frequently encounter staff who are unaware of undocumented student resources
- Students and staff alike depend on undocumented student services staff members to provide resources and social support to undocumented students.

PERSISTING FINANCIAL NEED

Undocumented students face high financial insecurity.

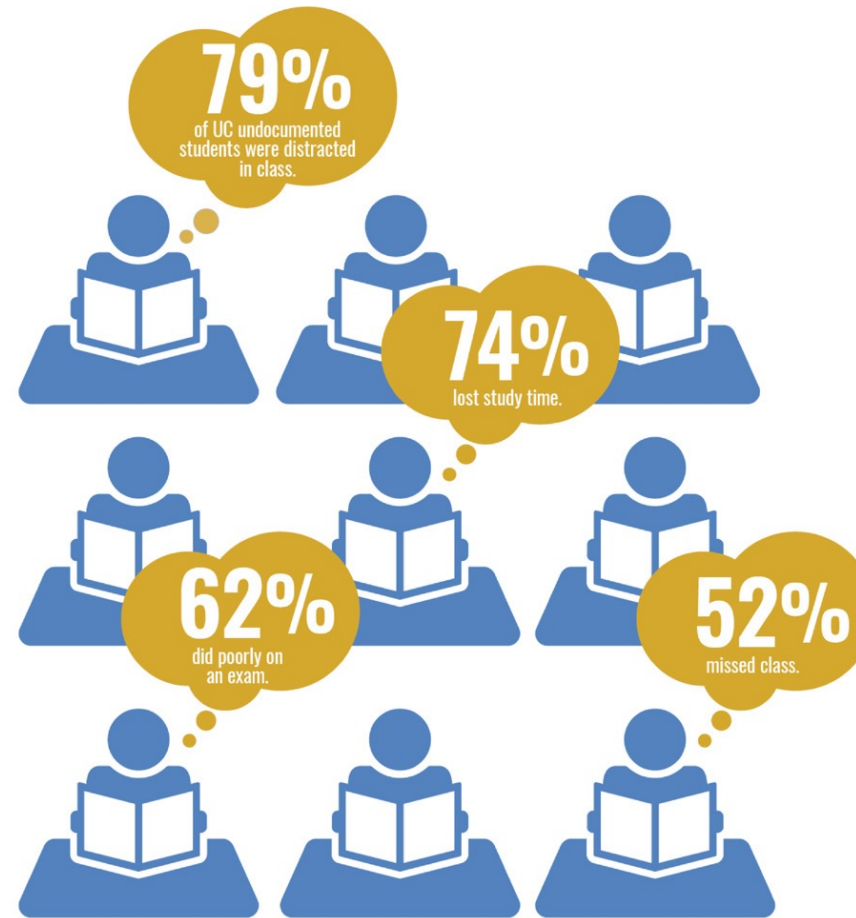


46%
of UC undocumented students
reported difficulty paying rent.



ACADEMIC DISTRACTION

Undocumented students experience immigration-related distractions that hurt their academic performance.



NEED FOR MENTAL HEALTH SERVICES

Undocumented students report high levels of stress and need inclusive mental health services.

64%
of UC undocumented students reported needing mental health services.



Of these,
only 2 in 5
sought professional help.

LIMITED POSTGRADUATE PREPARATION

Undocumented students have limited access to post-graduate preparation.

44%

of UC undocumented students had participated in a professional development opportunity.



30%

felt prepared to achieve their career goals after graduation.



COMMUNITY CHECK-IN



If you were to list your top 5 current worries/concerns/fears/preoccupations:
How many of them include loved ones or community members?

CONTROL CHECK



F: Focus on what's in your control

A: Acknowledge your thoughts and feelings

C: Come back into your body

E: Engage in what you're doing

C: Committed action

O: Opening up

V: Values

I: Identify resources

D: Disinfect and distance

Source: F.A.C.E. C.O.V.I.D.: How to Respond Effectively to the Corona Crisis by Dr. Russ Harris, author of *The Happiness Trap*

BEYOND SELF-CARE



COMMUNITY SHOUT-OUT


D

DID YOU KNOW?


27,000 FRONTLINE
HEALTHCARE
WORKERS ARE
DACA RECIPIENTS!!

THANK Y'ALL
SO MUCH FOR
FIGHTING IN THE
MIDST OF A GLOBAL
PANDEMIC

#DACASCHOLARS
#FUERZAMIGRANTE



CAN'T VISIT YOUR FAMILY?
DANGEROUS WORKING
CONDITIONS?
RELYING ON
TECHNOLOGY TO SEE
YOUR GRANDMA?
CAN'T LEAVE
THE COUNTRY?
WELCOME TO
LIVING LIKE US.



**A HUGE
SHOUTOUT
TO ALL THE
GROCERY
WORKERS
OUT THERE!**

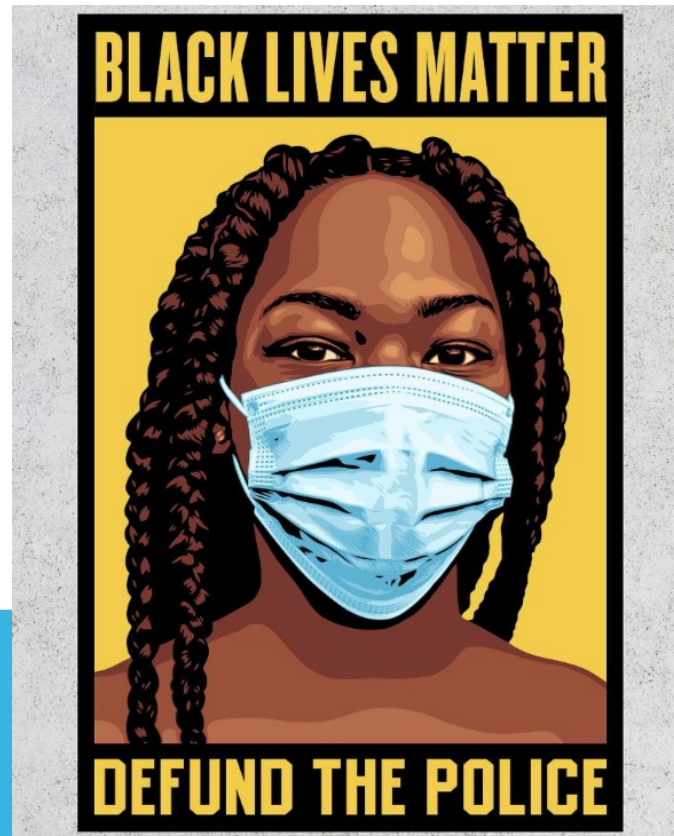


COMMUNITY SHOUT-OUTS



What are some ways that folks have spread wellness in your communities in response to the health crisis?

COMMUNITY SHOUT-OUT



SPREAD WELLNESS



CORONAVIRUS

FREQUENTLY ASKED QUESTIONS FOR IMMIGRANTS

TESTING ■ TREATMENT ■ IMMIGRATION IMPACT ■ CONSUMER PROTECTION

Immigrants in Los Angeles County, like all Angelenos, are worried about the coronavirus outbreak. Moreover, some immigrants are afraid that getting tested or treated will affect their immigration status. Below are answers to common questions. You should seek available testing and treatment, regardless of your immigration status.

- ❑ **What should I do if I want to be tested or treated?**
 - If you have insurance or Medi-Cal, call your doctor about testing and treatment. Avoid visiting your doctor until you speak with them. If you have an emergency, go to an emergency room or call 911. You can get current information here: publichealth.lacounty.gov
 - If you are uninsured, you can still get free testing and treatment regardless of immigration status. You may also qualify for My Health LA, a health care program for low-income LA County residents. Call 844-744-6452 for more information. Visit dhs.lacounty.gov/MHLA for a list of their clinics.
- ❑ **Will getting tested or treated for coronavirus affect my immigration status?**
 - No. Your medical information is confidential. Your doctor may not share it with immigration officials. Also, the federal government has announced they will not consider coronavirus testing or treatment in the public charge test.
- ❑ **Need other public benefits such as Food Stamps?**
 - The Department of Public Social Services provides a number of services. Contact them here: yourbenefits.lacrs.org/yn/index.html. If you don't qualify for benefits due to your immigration status, other people in your home might. USCIS will not consider benefits received by household members in the public charge test.
 - Free food is also available at pantries throughout Los Angeles County: afoodbank.org/find-food/pantry-locator/. Many school districts also offer free meals for students. Check with your school district office.

- ❑ **I lost my job or my hours were cut. What can I do?**
 - If you have a work permit, you may apply online for Unemployment Insurance with the California Employment Development Department (EDD): edd.ca.gov/about_edd/coronavirus-2019.htm
 - While undocumented immigrants cannot receive Unemployment Insurance, they may be eligible for Disability Insurance or Paid Family Leave. File with EDD: edd.ca.gov/about_edd/coronavirus-2019.htm
 - The LA County Business & Worker Disaster Help Center provides tools and direct support to access emergency resources. Call 800-593-8222, email your question to DisasterHelpCenter@lacounty.gov, or visit www.lacounty.gov/covid19
- ❑ **Is it true that there is a cure for coronavirus?**
 - There is currently no cure or vaccine for coronavirus. Many scammers are taking advantage of the pandemic to prey on consumers. Report suspected scams to the Department of Consumer and Business Affairs (DCBA): 800-593-8222, dcba.lacounty.gov.
- ❑ **Sellers are charging high prices for things like hand sanitizer and medical supplies. Is this legal?**
 - It is illegal for sellers to raise prices for basic necessities by more than 10% after authorities declare an emergency. All consumers, including undocumented immigrants, are protected against price gouging. Report violations to DCBA: 800-593-8222, dcba.lacounty.gov.
- ❑ **My landlord is trying to evict me because I can't pay the rent. What should I do?**
 - Los Angeles County passed a temporary ban on all residential and commercial evictions, effective March 4 to May 31, 2020, for the unincorporated areas of the County. The City of Los Angeles and other cities have passed similar measures. These protections apply to all tenants, regardless of their immigration status. Contact DCBA for help: (800) 593-8222, dcba.lacounty.gov.

Contact your Office of Immigrant Affairs
for help: 800-593-8222, oia.lacounty.gov



CORONAVIRUS

RESPUESTAS A PREGUNTAS FRECUENTES DE INMIGRANTES

EXAMENES ■ TRATAMIENTO ■ IMPACTO MIGRATORIO ■ PROTECCIÓN AL CONSUMIDOR

Como todos los Angelenos, los inmigrantes en el Condado de Los Angeles están preocupados por el brote del coronavirus. Además, algunos inmigrantes temen que el ser examinados o atendidos afectará su estado migratorio. Estas son las respuestas a algunas preguntas comunes. Busque pruebas y tratamientos disponibles sin importar su estado migratorio.

- ❑ **¿Que debo hacer si quiero ser examinado o tratado?**
 - Si tiene seguro médico o Medi-Cal, pregunte a su doctor sobre pruebas y tratamiento. Evite ir al doctor hasta que hable con ellos. Si tiene una emergencia, vaya a la sala de emergencias o llame al 911. Puede obtener información actualizada aquí: publichealth.lacounty.gov.
 - Si no tiene seguro médico, puede obtener pruebas y tratamientos gratis sin importar su estado migratorio. También puede calificar para My Health LA, un programa de salud del Condado de Los Angeles para residentes de bajos recursos. Llame al (844) 744-6452 para más información. Visite dhs.lacounty.gov/MHLA para una lista de clínicas.
- ❑ **¿El ser examinado o tratado por el coronavirus afectará mi estado migratorio?**
 - No. Su información médica es confidencial. Su doctor no puede compartirla con oficiales de inmigración. El gobierno federal también no considerará pruebas o tratamiento del coronavirus en la prueba de carga pública.
- ❑ **¿Necesita beneficios públicos?**
 - El Departamento de Servicios Públicos Sociales proporciona varios servicios. Contáctelos aquí: yourbenefits.lacrs.org/yn/index.html. Si no califica debido a su estado migratorio, otras personas en su hogar podrían calificar. El departamento de USCIS no considerará beneficios recibidos por miembros del hogar como carga pública.
 - Comida gratuita está disponible en despensas en el Condado de Los Angeles: afoodbank.org/find-food/pantry-locator/. Muchos distritos escolares también ofrecen comidas para estudiantes. Consulte con la oficina local de su distrito escolar.

- ❑ **Perdí mi trabajo o mis horas fueron reducidas. ¿Qué hago?**
 - Si tiene permiso de trabajo, solicite Seguro de Desempleo con el Depto. de Desarrollo de Empleo (EDD): edd.ca.gov/about_edd/coronavirus-2019.htm
 - Inmigrantes indocumentados no pueden recibir seguro de desempleo, pero pueden ser elegibles para Seguro de Discapacidad o Ausencia Familiar Pagada. Solicite con el EDD: edd.ca.gov/about_edd/coronavirus-2019.htm
 - El Centro de Ayuda por Desastre para Trabajadores y Empresas del Condado de Los Angeles proporciona herramientas y apoyo para acceso a recursos de emergencia: (800) 593-8222, lacounty.gov/covid19/DisasterHelpCenter@lacounty.gov
- ❑ **¿Es verdad que hay una cura para el coronavirus?**
 - No hay cura o vacuna para el coronavirus. Muchos estafadores se están aprovechando de la pandemia para defraudar a los consumidores. Reporte estafas al Departamento de Asuntos de Consumidores y Negocios (DCBA): (800) 593-8222, dcba.lacounty.gov.
- ❑ **Vendedores están cobrando precios altos por cosas como desinfectantes y suministros médicos. ¿Es legal?**
 - Es ilegal subir los precios más de 10% en necesidades básicas y suministros médicos después de que se declare una emergencia. Todos los consumidores, incluyendo inmigrantes indocumentados, son protegidos contra la manipulación de precios. Reporte abusos a DCBA: (800) 593-8222, dcba.lacounty.gov.
- ❑ **No puedo pagar la renta y me quieren desalojar. ¿Qué hago?**
 - El Condado de Los Angeles pasó una prohibición temporal de desalojos residenciales y comerciales, efectiva de Marzo 4 a Mayo 31, 2020, en las áreas no incorporadas del Condado. La Ciudad de Los Angeles y otras ciudades han pasado medidas similares. Estas protecciones aplican a todos los inquilinos, sin importar su estado migratorio. Contacte DCBA por ayuda: (800) 593-8222, dcba.lacounty.gov.

Contacte su Oficina de Asuntos de Inmigrantes
Por Ayuda: (800) 593-8222, oia.lacounty.gov



SPREAD WELLNESS



weallgrowlatina

Fever	Fiebre
Chills	Escalofríos
General malaise	Malestar general
Difficulty breathing	Dificultad para respirar
Shortness of breath	Falta de aire

Vulnerable Populations – Poblaciones vulnerables

- o Adults over 65 years old – Adultos mayores de 65 años
- o Babies – Bebés
- o People that smoke/smokers – Personas que fuman / fumadores
- o People with other chronic diseases – Personas con otras enfermedades crónicas

Prevention – Prevención

Currently there is no vaccine for Coronavirus - no hay vacuna para el coronavirus

To prevent infection, you can follow these recommendations - para prevenir el contagio, usted puede seguir estas recomendaciones

English	Spanish
Wash your hands frequently	Lávese las manos frecuentemente
Avoid touching your face (eyes, nose, mouth)	Evite tocarse la cara (ojos, nariz, boca)
Avoid direct contact with other people	Evite el contacto directo con otras personas
Greet people without physical contact	Salude sin contacto físico
Cover your mouth upon coughing or sneezing	Cúbrase la boca al toser y estornudar
Avoid contact with people who are infected	Evite contacto con personas infectadas
If you're sick stay home	Si está enfermo(a) quédese en casa
Healthcare workers should wear a mask	Trabajadores de la salud deben usar mascarilla
Clean all "high-touch" surfaces every day	Limpie todo los días todas las superficies de contacto frecuente



weallgrowlatina

How to talk about Coronavirus in Spanish

Coronavirus is a virus just like the flu. This outbreak of coronavirus is similar to (similar to) the SARS virus breakout of 2002 and MERS breakout of 2012. A new study on COVID-19 estimates that the incubation period is 5-7 days.

El Coronavirus es un virus como la gripe. Este brote de coronavirus es parecido (similar) a los brotes del virus SRAS de 2002 y MERS de 2012. Un estudio reciente del virus estimó que el periodo de incubación es de 5-7 días.

General Vocabulary

English	Spanish
Infection of the lungs	Infección en los pulmones
Respiratory virus	Virus respiratorio
Is there a vaccine?	¿Existe alguna vacuna?
Mask	Mascarilla
Flu-like symptoms	Síntomas similares a los de la gripe
Possible exposure	Posible exposición

Transmission – Transmisión

English	Spanish
It is transmitted by respiratory airways	Se transmite por vía respiratoria.
When somebody coughs, sneezes or speaks, the respiratory little drops pass from one to the other.	Cuando uno tose, estornuda o habla, las gotitas respiratorias pasan de uno a otro.
It can be transmitted from animals to humans.	Puede ser transmitido de animales a humanos.
It can be transmitted from human to human.	Puede ser transmitido de humanos a humanos.

Symptoms – Síntomas

English	Spanish
Runny nose	Secreción y goteo nasal
Cough	Tos
Fatigue	Fatiga
Sore throat	Dolor de garganta

SPREAD WELLNESS

Mask-Match.com

Send masks to
frontline medical
workers in need.




Made with  SQUARESPACE

Give-A-Sheet.com

Buy toilet paper art
for COVID relief.



Made with  SQUARESPACE

LoveForTheElderly.org

Send personal letters
to isolated seniors.



Made with  SQUARESPACE

SPREAD WELLNESS

**HOW
YOUTH
CAN
HELP**



**STOP
HUNGER**



**SUPPORT
ESSENTIAL
WORKERS**



**PROTECT
MENTAL
HEALTH**



**HELP
ISOLATED
SENIORS**



**PROVIDE
CHILDCARE**



**PREPARE FOR
THE ELECTION**



**PROMOTE
HEALTHY
BEHAVIORS**



**MAKE &
DONATE
FACE MASKS**



**SUPPORT
PEOPLE OUT
OF WORK**



**CELEBRATE
SPECIAL
EVENTS**



**KEEP PEOPLE
SAFE ONLINE**



**ADDRESS
EDUCATIONAL
INEQUITIES**



**ADVOCATE
FOR POLICY
CHANGE**



**FIGHT
RACISM**



**DONATE
BLOOD**



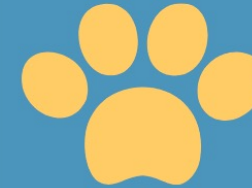
**SUPPORT
NONPROFITS**



**SPREAD
CHEER**



**PREVENT GUN
VIOLENCE**



**FOSTER
SHELTER
ANIMALS**



**PREPARE FOR
DISASTERS**

COMMUNITY-CENTRIC COMMITMENT



What is one thing you can begin to do for your loved ones and/or community?

THINGS TO SUPPORT YOURSELF AND OTHERS

- 1) Take breaks from media. Limit news consumption to reliable sources.
- 2) Maintain a routine, including making time to unwind. Increase positive experiences.
- 3) Tend to your basic needs: get adequate sleep, exercise regularly, practice mindfulness, spend time in nature, and employ relaxation techniques when stressed.
- 4) Connect with others. Talk with people you trust about your concerns and how you are feeling. Social distancing does not mean social isolation! Reach out to others and offer support, empathy, information, and, if possible, tangible support
- 5) Treat everyone with dignity and respect. COVID-19 has disproportionately impacted BIPOC, in the forms of compounded xenophobia, housing, food, and medical insecurity.

SIGNS OF DISTRSS

Cognitive

Inappropriate, bizarre, or strange behavior
Extreme emotionality
Agitation, intense restlessness, hyperactivity
Impairment of attention and memory
Impaired speech or disjointed, confused thoughts
Paranoia or suspiciousness

Behavioral

Decline in personal hygiene
Consistent disheveled or fatigued appearance
Lethargy, lack of energy, falling asleep in public
Disruptive behavior
Aggressive, angry, or threatening behavior
Dramatic weight loss or gain
Obvious use of mood-altering substances

Stress, Self-harm, or Suicide

Overt references to suicide (written or oral)
Expressions of helplessness or hopelessness
Isolation from loved ones
Pessimism about the future
Giving away valuables
Preparations for death (wills, memorial preferences)

REFERRING TO APPROPRIATE RESOURCES

Early intervention can prevent more serious issues from developing.

Consider:

Counseling Services (individual, group, couples, or family therapy, psychiatry, substance abuse treatment, inpatient v. outpatient, private practice, insurance, in-person or teletherapy)

Social Services (for housing, financial, domestic violence, and other non-mental health-related concerns)

Religious Leaders or Indigenous Healing Practitioners

Community Organizations (ALANON, legal services, social services, etc)

National hotlines (suicide prevention, domestic violence, etc)

REASONS TO SEEK COUNSELING

- career concerns
- depression
- anxiety academic stress
- stress associated with deportation/family legal status
- coming out as “undocumented”
- migration trauma
- procrastination/decreased motivation
- questioning or exploring sexual orientation or gender
- adjusting to college/homesickness
- concerns about family or community
- procrastination/decreased motivation
- burnout from political/social action
- questioning or exploring sexual orientation or gender
- relationship conflicts
- anger management
- food or body image concerns
- discrimination
- coping with physical illness or being differently abled
- ... & many more

HOW CAN I TELL IF MY SERVICE PROVIDER IS AN ALLY?

- You feel HEARD
- You were not forced to disclose your status
- You were acknowledged for the courage it took to ask for support
- Your experiences of oppression, education inequity, etc. were acknowledged and validated.
- You were encouraged to connect with other Undocu-friendly support services to get the specialized care you deserve.
- You were referred to appropriate support systems.
- You feel they make an effort to stay informed and continue to seek training

COMMUNITY CHECK IN



On a scale from 1-5, with 1=Very Unlikely and 5=Very likely, how likely are you to consider seeking mental health support after this presentation?

RESOURCES

Immigrants Rising

https://docs.google.com/document/u/0/d/1PxLuuHO-hwHXftUXuEi52Q1qWUDegN8_I1L4uIIFwzk/mobilebasic

Taking Care of Your Mental Health in the Face of Uncertainty

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Mental Health Wellness Tips for Quarantine

http://www.sfu.ca/olc/blog/my-ssp/mental-health-wellness-tips-quarantine?quicksite_1=3

FACE COVID video and E-book

Video: <https://youtu.be/BmvNCdpHUYM>

E-book:

https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsd9Ow7gXaMe/view?usp=drive_open

Undocumented and COVID-19

https://www.nejm.org/doi/full/10.1056/NEJMp2005953?query=featured_home

<https://www.thenation.com/article/politics/undocumented-coronavirus/>



**Mental Health in the Face of COVID-19:
Building Strength During Uncertain Times**

"The sun shines not on us but in us" -John Muir

LET'S PAUSE TOGETHER



Mind Full, or Mindful?

The image features a black background with white text. The text 'Q&A' is centered in a large, white, sans-serif font. The background is decorated with geometric shapes: a grey triangle in the top right corner, a blue triangle below it, and an orange triangle to the right of the blue one. A horizontal line separates the black background from a blue background below. On the left side of the blue background, there is an orange triangle pointing towards the center.

Q&A

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