



COVID-19 and the Latinx Community: Skills to reduce stress, stigma, and substance use

THE SETTING

COVID-19 continues to be a major challenge throughout the U.S., the stress felt by everyone is palpable. Racial and minority groups, such as the Latinx community, are being disproportionately affected by the pandemic. The Latinx community faces unique circumstances, stressors, and stigma during these challenging times.

THE FACTS

- ❖ COVID-19 has caused a significant increase in stress in the Latinx community in multiple ways.
- ❖ Stress can lead to mental health symptoms and substance use.
- ❖ Stigma remains a large issue especially if someone tests positive for COVID-19.
- ❖ The pandemic has disproportionately affected communities of color, especially the Black and Latinx population^{2,4}.

POTENTIAL STRESSORS

- ❖ Job/wage loss
- ❖ Lack of health insurance
- ❖ Lack of healthcare services in Spanish
- ❖ Unable to speak English
- ❖ Supporting family members

THE SCIENCE

Research is ongoing but early reports as well as anecdotes from community members underscore how COVID-19 has severely affected the Latinx community. Members of the Latinx community are reporting an increase in mental health and substance use symptoms¹. 52% of Latinx surveyed in June 2020 reported at least one adverse mental or behavioral health symptom related to the COVID-19 pandemic¹. Additionally, the Latinx community is experiencing a significant increase in hospitalization rates for COVID-19^{3,4}.

THE SOLUTION

- ❖ Provide services that are culturally appropriate and mindful of Latinx culture.
- ❖ Advocating for and working to bridge the gap in healthcare delivery and access.
- ❖ Develop and implement culturally sensitive techniques and approaches when working with the Latinx community.
- ❖ Be involved! Use your platform to educate others and strengthen your community.

OUR TEAM AT YOUR SERVICE:

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What can you do?

- ❖ Advocate
- ❖ Raise awareness
- ❖ Educate yourself & others

For COVID-19 related information, you can visit the following websites:

COVID-19 & Latinx Health Information

- ❖ [Salud America!](#)
- ❖ [Pew Research Center - Hispanic Trends](#)
- ❖ [American Psychiatric Association](#)

Approaches for working with the Latinx community

- ❖ [Best Practices for Counseling Hispanic/Latino Clients](#)
- ❖ [CDC: Communicating with Hispanics/Latinos](#)

If you need support, we encourage you to visit the following websites:

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP
(24/7/365 Treatment Referral Information Service in English and Español)

Website:
<http://www.samhsa.gov/find-help/national-helpline>

SAMHSA Behavioral Health Treatment Services Locator

Website:
<https://findtreatment.gov>

For more information about the National Hispanic and Latino Addiction Technology Transfer Center and to request Training and Technical Assistance please visit us at:
<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>

References:

¹<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

²<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

³<https://salud-america.org/coronavirus-case-rates-and-death-rates-for-latinos-in-the-united-states/>

⁴<https://www.samhsa.gov/sites/default/files/covid19-behavioral-health-disparities-black-latino-communities.pdf>