

Understanding, going through, and managing loss, grief, and bereavement: Life with the Covid-19 pandemic for Latinos with a view on Latino Men *Session 1*

Presented by Elizabeth Robles, LPC, CT, EOLD
July 18th, 2022.

Presented in 2022 by the National Hispanic and Latino Addiction Technology Transfer Center (ATTC), and the Hispanic and Latino Prevention Technology Transfer Center (PTTC), National Latino Behavioral Health Association (NLBHA) P.O. Box 1360, Pena Blanca, NM 87041.

ATTCnetwork.org/hispaniclatino

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of the National Hispanic and Latino Addiction Technology Transfer Center (ATTC), and the Hispanic and Latino Prevention Technology Transfer Center (PTTC), and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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Presented 2022

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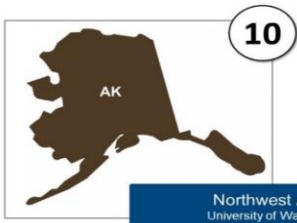
The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



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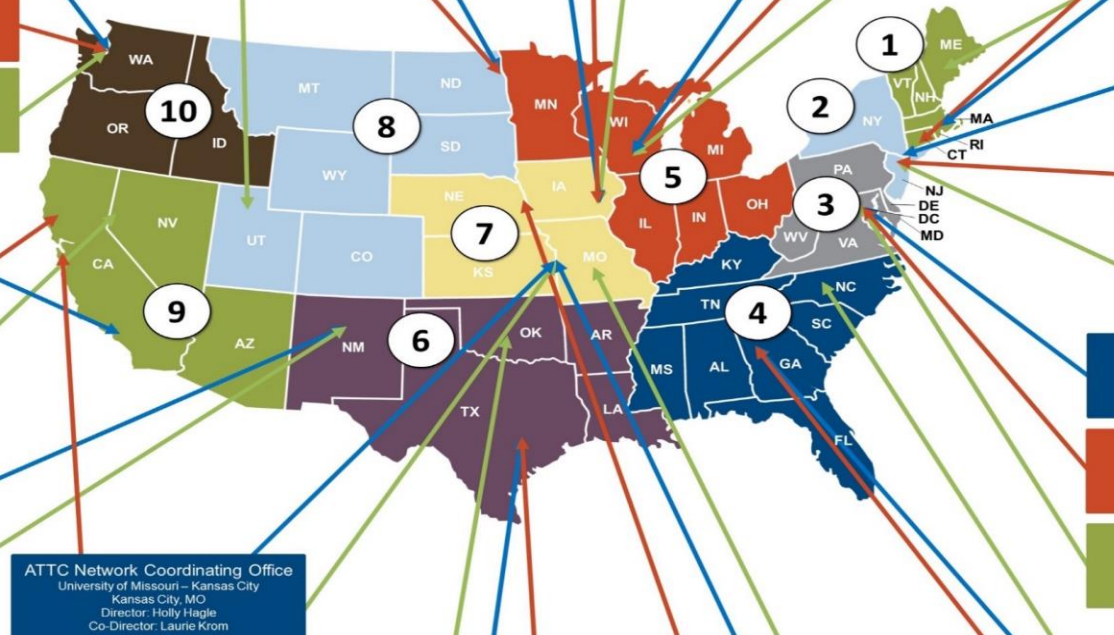
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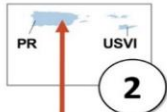
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NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.

NLBHA's Objectives

NLBHA's Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



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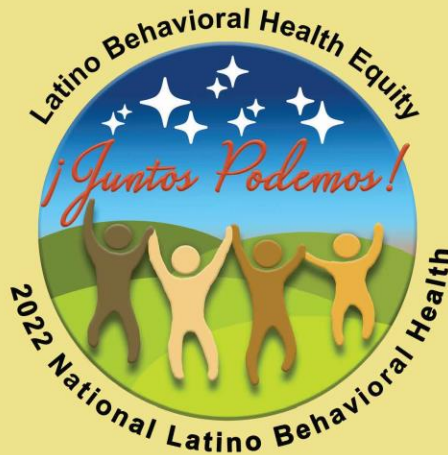


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Ed.D, M.Ed., CCTS-I**

**NHL ATTC and PTTC
Project Co-Director**



**Priscila Giamassi,
MPM, CPS**

**NHL PTTC
Project Coordinator**



**Christina Mancebo-Torres,
MPH**

**NHL PTTC
Program Specialist**



**Ana L. Chavez-Mancillas,
MSW**

**NHL ATTC
Program Specialist**

Today's presenter

Elizabeth Robles works in the El Paso region as a behavioral health care professional specializing in life changes, trauma, grief, and loss. Elizabeth is Certified in Thanatology: Death, Dying & Bereavement through the Association of Death Education Counseling (ADEC). Elizabeth brings to her practice a profound understanding of death coupled with a grounding in neuroscience. Her treatment approach offers patients the hope and strategies to facilitate continuous emotional renewal in the face of life's constant changes. She is also founder of the Facebook group, *Aqui Con Death*, as a bicultural space where people can learn and share their unique perspectives about *la muerte*, *duelo y luto*. In addition to her private practice, Elizabeth serves as Clinical Director for the MYC Institute of Integrative Health, an El Paso nonprofit organization which advocates for body/mind/spirit approaches to wellbeing. In 2020, Elizabeth became a Certified End of Life Doula.



Elizabeth Robles,
LPC, CT, EOLD

Understanding, going through, and managing loss, grief, and bereavement: Life with the Covid-19 pandemic for Latinos with a view on Latino Men *Session 1*

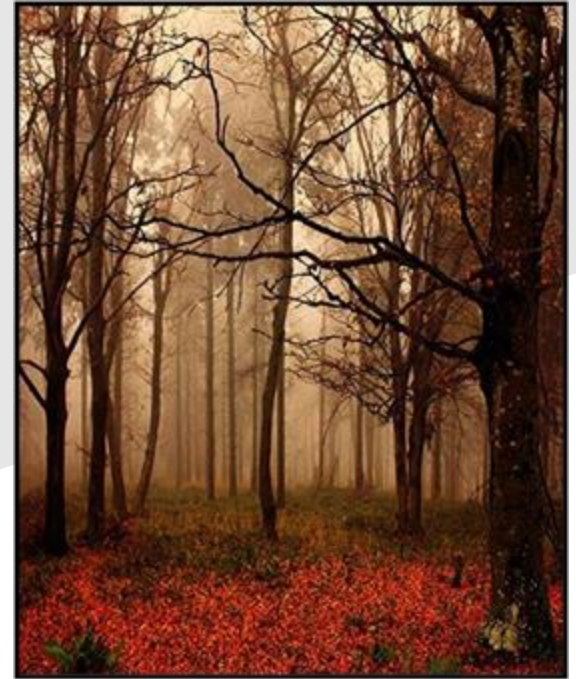
Presented by Elizabeth Robles, LPC, CT, EOLD
July 18th, 2022.

The overarching phenomena of death, its universality, and the personal, intimate component these events represent

Universality of death is the understanding that all living things must eventually die.

Irreversibility refers to the fact that once the physical body dies it cannot be made alive again.

Individual experiences of grief vary and are influenced by the nature of the loss and the individual's particular traits.



The Language Of Grief



Grief and Bereavement Symptoms

Physical, emotional, cognitive
and spiritual

Identifying Our Losses

A person will experience a multitude of losses throughout their lifespan and these will differ in value, importance and relevance to each individual.

The Potential Impact Each Loss Has On A Person



When we experience a loss, this change opens the door to an opportunity to grow, to come to terms with the universality of each loss and to intimately and personally work with the understanding that life is ever changing.

Because change is constant, we do not measure loss by the level of the impact but rather by *how* each person will move through their individual losses.

The undeniable truth is that loss and death will change each of us.

Identifying the Multiple Ways An Individual Can Grieve

- ❑ Many factors influence the manner in which each person will assimilate (or not) a loss of any type, but there are factors that influence this experience and these particular dynamics.
- ❑ These factors include but are not limited to a person's childhood experiences, their culture and world view, values, norms, traditions, fears, strengths, their personal view on life and death, their level of resilience, their impetus to make meaning of this loss and to honor a person or an aspect of the loss.

The Difference Between Grief and Traumatic Grief

Grief is a result of any loss a person may experience.



Traumatic grief results from a loss that is unexpected. This loss triggers post-trauma survival mechanisms in addition to the mourning of whatever was unexpectedly lost.

Options that help us move through our losses, grief, and bereavement

Self Care

Sleep

Work

Diet

Exercise

Alone Time

Grieving alone

Grieving with others

Giving yourself an opportunity to not feel alright

Maintaining healthy boundaries

Knowing how it is that you grieve and bereave



A black and white photograph of a snowy path lined with trees, serving as a background for the text. The path is covered in snow and leads into the distance, flanked by bare trees on the left and evergreens on the right. The overall mood is somber and quiet.

Loss, Grief and
Bereavement
Are Not Easy

Pandemic loss, grief, and trauma; the unprecedented volume of death in the US and in the world

Covid deaths in the USA since it began
1,011,747

For every death there are at least 9 people grieved

1,011,747 **9** **9,105,723**

Centers For Disease Control and Prevention, 2022

Worldwide = 6,347,816 x 9 = **57,130,344**

World Health Organization, 2022

Pandemic Impact Amongst Latinos

During the pandemic, Hispanics have been at a higher risk of hospitalization or death from COVID-19 than other racial and ethnic groups in the U.S. This is in part due to large numbers who lack access to health care and have jobs that put them at greater risk of exposure to the virus.

Centers for Disease Control and Prevention, 2022



Latinos and Covid-19

- **Half of U.S. Hispanics say someone close to them has been hospitalized or died from COVID-19.**
- **About half (52%) of Latino adults in the U.S. say a family member or close friend living in the U.S. or in another country has been hospitalized or died from COVID-19.**
- **28% of Latinos say they have either tested positive for COVID-19, tested positive for antibodies or are “pretty sure” they had the virus even though they did not have a positive test.**
- **Overall, 62% of Latino adults either have had COVID-19 themselves or have a relative or close friend who has been hospitalized or died from the virus.**

Pew Research Foundation, 2022

Collective Grief

when a community, society, village, or nation all experience extreme change or loss.

Cumulative Grief

may occur when an individual experiences multiple losses either all at once or before processing an earlier loss.

Disenfranchised

when your grieving doesn't fit in with your larger society's attitude about dealing with death and loss.

The Assault of Fear Upon the Face Of Death



For many of us, thinking about death can evoke fears of separation, loss, pain, suffering and anxiety about leaving those we love behind.

It is very natural to hear of people pondering their own mortality when they go through a loss, especially the loss of a loved one.

Many times loss brings us to reflect on thoughts and questions about life, our purpose, the reason for our existence and how we will move forward

**Nos reímos de la Huesuda, or do we?
(We laugh at death...)**



Using our inner strength and fortitude as we move through change/loss

Without a doubt, these are challenging and rapidly changing times.

Yet life does not stop or give us a time period to recover because of having to maintain our daily commitments.

Mostly, every person has the innate capacity to survive the difficulty of loss.

There are specific factors that help us journey through loss, grief and bereavement and find recovery and healing or adjustment.



Using our inner strength and fortitude as we move through change/loss (continued)



- ★ Seeking the support of our family and friends
- ★ Incorporating our cultural practices, ceremonies and rituals
- ★ Participating or taking part in our belief system(s)
- ★ Caring for our physical health
- ★ Prioritizing time and space for our mental health
- ★ Choosing Options that support a healthy lifestyle
- ★ Understanding we are resilient
- ★ Identifying and practicing healthy boundaries
- ★ Community participation and volunteering
- ★ Understanding that we will all drive on the road of loss and this is a natural part of our life experience
- ★ Coming to terms with the concept of change as a constant denominator in our lives
- ★ Living life with an understanding that we were fortunate for that person/pet or situation

The hardest loss,
is your loss

Dar Gracias - Gratitude





I AM Grateful For You



Muchas Gracias!

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What is Cumulative Grief? July, 2020, Queen City Hospice <https://www.queencityhospice.com/wp-content/uploads/2020/07/cumulative-grief-handout.pdf>

Additional resources

- [AfterTalk](#)

This is an online grief support site offering inspirational stories, poems, quotes and forums about the grief process after the death of a loved one. Free and non denominational.

- [American Association of Retired Persons](#)

Extensive list of grief and loss articles, and a list of local and national organizations offering bereavement support.

- [Association for Death Education and Counseling](#)

The Association for Death Education and Counseling is an international, professional organization dedicated to promoting excellence and recognizing diversity in death education, care of the dying, grief counseling and research in thanatology.

- [Camp Widow](#)

Created by widowed people for widowed people, this website provides a wealth of information about weekend gatherings of widowed people from across the country and around the world.

- [Center for Loss & Life Transition](#)

The center is an educational and training center for bereavement caregivers, with resources also for those who are grieving. A bookstore, newsletter and online articles provide helpful information. The Center is directed by Dr. Alan Wolfelt, known worldwide for his compassionate messages of hope and healing in grief.

Additional resources

- [The Compassionate Friends](#)

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship and understanding to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

- [Choice Mutual Insurance Agency](#)

This site features the article “The Effects Death, Traumas and Disasters Have on Mental Health” written by Anthony Martin, Founder & CEO of Choice Mutual. The article includes tips to help people prepare for a death or disaster.

- [The Dougy Center for Grieving Children & Families](#)

The Dougy Center was the first center in the United States to provide peer support groups for grieving children. They share with you what they have learned from more than 13,500 children, teens and families that they’ve served since 1982.

- [El Día De Los Muertos/Day of the Dead, Grief and Loss Toolkit](#)

Additional resources

- [GriefNet](#)

Grief Net is an internet community of persons dealing with death, grief or major loss, with close to 50 online support groups.

- [GriefShare](#)

An international organization dedicated to holding local support group meetings for working through grief, with interactions from attending seminars with experts on grief to walking through your grief with others in your community from a non-denominational, biblical perspective.

- [The Grief Toolbox](#)

The Grief Toolbox is an all-encompassing place for grief tools: a singular area where a person can find all the resources they need to help them with that grief that neither time nor money can solve.

- [Grief Watch](#)

This website was created to provide bereavement resources, memorial products and links to help you through your personal loss. It also serves as an education tool for all who travel down the road of grief.

- [Hospice Foundation of America](#)

The Hospice Foundation of America is a nonprofit organization that promotes hospice care and works to educate professionals and families on issues relating to caregiving, terminal illness, loss and bereavement.

Additional resources

- [National Hospice and Palliative Care Organization](#)

Committed to advancing care at end of life, NHPCO also can assist you in finding bereavement resources and counseling services during the illness of someone close, or following the death. Information also is available in Spanish.

- [National Widowers' Organization](#)

National Widowers' Organization was founded by a group of widowers who found solutions in their grief through a men's support group. The satisfaction from this process led to the creation of this site and a national advocacy for programs that support men in bereavement. The website has sections on what you can expect to encounter, resources, frequently asked questions and information on where to find male support groups.

- [Online Memorial](#)

This website provides the opportunity to create a unique, online memorial for your loved one. You can add memories, photos, or videos and invite others to contribute. Memorials are displayed online or you may print it as a poster. Free as well as expanded paid options available.

- [Share Pregnancy & Infant Loss Support](#)

This support organization was created to help women and their families whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or in the first few months of life.

- [Society of Military Widows](#)

The Society of Military Widows is a nationwide organization whose purpose is to assist widows of members of all branches of U.S. uniformed services.

Additional resources

- [Support and Training for Adults Nurturing Grieving Children](#)

A resource for educators nurturing grieving children in their classrooms.

- [Sweet Pea Project](#)

Created by a mom after the death of her daughter, the Sweet Pea Project offers comfort, support and gentle guidance to families who have experienced the death of a baby.

- [TAPS \(Tragedy Assistance Program for Survivors, Inc.\)](#)

TAPS is a national, nonprofit organization serving the families and friends of those who have died while serving in the armed forces. Services include a military survivor peer support network, grief counseling referral, caseworker assistance and crisis information.

- [Webhealing](#)

This site offers discussion boards for individuals to chat about topics related to a personal loss, or grieving in general. There also are articles of related interest and a page where you can journal in honor of someone you have lost.

- [What's Your Grief](#)

What's Your Grief is designed to promote grief education, exploration and expression in both practical and creative ways.

- [Widowed Parent](#)

Resources and support for parents of school age children. Based at the University of North Carolina cancer hospital, they are also researching the experiences of widowed parents to better serve other families.

- [WidowNet](#)

An information and support resource for, and by, widows and widowers. Topics covered include grief, bereavement, recovery and other information helpful to people of all ages, religious backgrounds and sexual orientations, who have suffered the death of a spouse or life partner.

Presenter's Contact Information

Elizabeth Robles, LPC, CT, EOLD
6090 Surety Drive, Suite 200
El Paso, Texas 79905
ElizabethRoblesLPC@gmail.com
(915) 329-1119
(915) 881-4959 Fax

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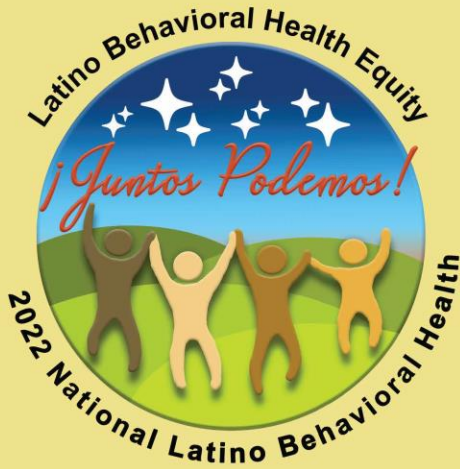


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Monday, July 25, 2022
Monday, August 1, 2022

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**Susie Villalobos, Ed.D,
M.Ed., CCTS-I**

susie@nlbha.org

915-503-5111

**Ana L. Chavez-Mancillas,
MSW**

achavezm@nlbha.org

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Or directly at:

**Susie Villalobos, Ed.D, M.Ed.,
CCTS-I**
susie@nlbha.org
915-503-5111

Priscila Giamassi, MPM, CPS
priscila@nlbha.org
678-822-1308

**Christina Mancebo-Torres,
MPH**
christina@nlbha.org
774-400-0897

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