



Wellness Where You Are Online Series

**Managing Resilience, Grief, Loss and
Your Mental Health**

with Dr. Joe Mattox, Ph.D & Ira Levin Ph.D

Saturday, January 30, 2021, 11am-12:30pm (PT)

BACHAC

- A 25-year grass roots community health organization
- Address health disparities in diverse communities across generations
- Through awareness, education, access to resources, advocacy
- In partnership/collaboration with a diverse groups
- Supporting a culture of Equity, Innovation and Inclusion

Session Purpose

- Support community with relevant information, resources & tools during this challenging time (12 sessions since May 2020)
- Address unique needs of the community during this pandemic
- Provide forum to address questions, hear perspectives
- Increase awareness, access to important information, tools, resources- not a substitute for professional advice

Housekeeping

- Appreciate your patience and flexibility as BACHAC navigates the virtual world
- BACHAC's steps to protect privacy
- Everyone is on mute
- Write questions in the Chat
- Session is being recorded
- Recording and slides to be posted on BACHAC website

Meeting Agreements

- Be engaged
- Be curious and open
- Challenge ideas, not the person
- Seek to understand
- Stretch yourself
- Speak your truth, respect others' truths
- Help us....Help you

SMC Behavioral Health Stats

- Behavioral Health & Recovery Services Access Calls
 - # of calls have increased
 - Length of call has increased
- Referrals to BH Clinicians (have increased)
 - Adults by 51%
 - Youth by 100%
- Additional Stats
 - 31% increase in # of domestic violence victims (Mar-Nov '20)
 - 430% increase in overdose referrals
 - 21% increase in SM Medical Center Emergency Depts. Cases of Opioid use disorder since March 2020



BAY AREA
Community Health
Advisory Council

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Managing Resilience, Grief, Loss and Your Mental Health

Trainers:

Dr. Joe Mattox Ph.D.

&

Dr. Ira Levin Ph.D.

Webinar Learning Outcomes

Describe the common emotional reactions we undergo when experiencing loss.

Explore the process for coping with experienced loss & identify our status relative to a recent loss.

Identify Comparative Mental Health Disparities of BIPOC Communities

Describe various techniques for coping effectively with grief.

Explore strategies and techniques for supporting others who experience grief and loss

Establish a personal action plan for managing one's grief

Webinar Agenda



Defining Resilience & Grief

Mental Health & Diverse Populations

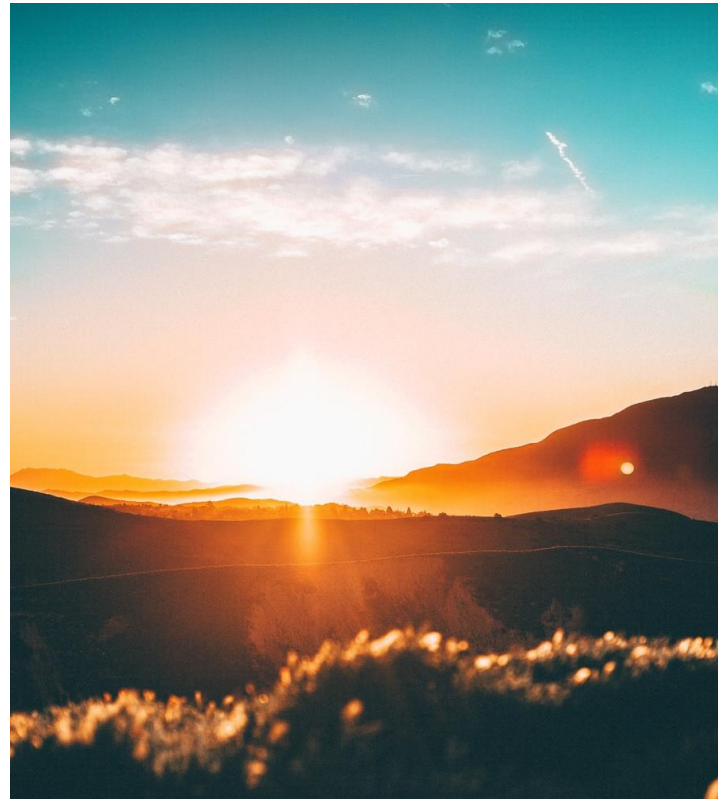
The Common Process of Grieving

Strategies & techniques for dealing with grief

Supporting Others Who Are Grieving

Establishing A Personal Action Plan

Building Resilience: Strategies for Coping with Grief



Resilience: A Definition



Psycho-emotional resilience is the capacity to mentally and emotionally cope and recover from a challenging or traumatic life event. It occurs when a person uses a variety of mental, emotional, physical, and social processes/actions to enable adapting and recovery.

Covid-19's Devastating Toll To Date



100 MILLION+
Confirmed cases

2 MILLION+
Confirmed deaths

235
Countries, areas or
territories with cases

United States

Cases
**US leads the
world with 25.6
Million**



Deaths
429K +

Grief is often like operating a rowboat in a drained lake with bystanders on the shore—some waving and others setting up their own picnic





Moment of Silence

SILENCIO
SILENCE

Grief Is A Universal Experience

“To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.”

Erich Fromm



What is Grief?

- Grief is the normal and natural response to loss and/or significant change, particularly to the loss of someone close to us who has died.
- It represents an ending to what has been familiar to us and requires some adapting to an unwanted new reality.

“Each of us grieves in our own way and at our own pace.”



Please use the **CHAT** feature to respond to this question:



WHAT ARE SOME
“**TRUTHS**” YOU
BELIEVE ABOUT
GRIEF & LOSS?

Differentiating Related Experiences

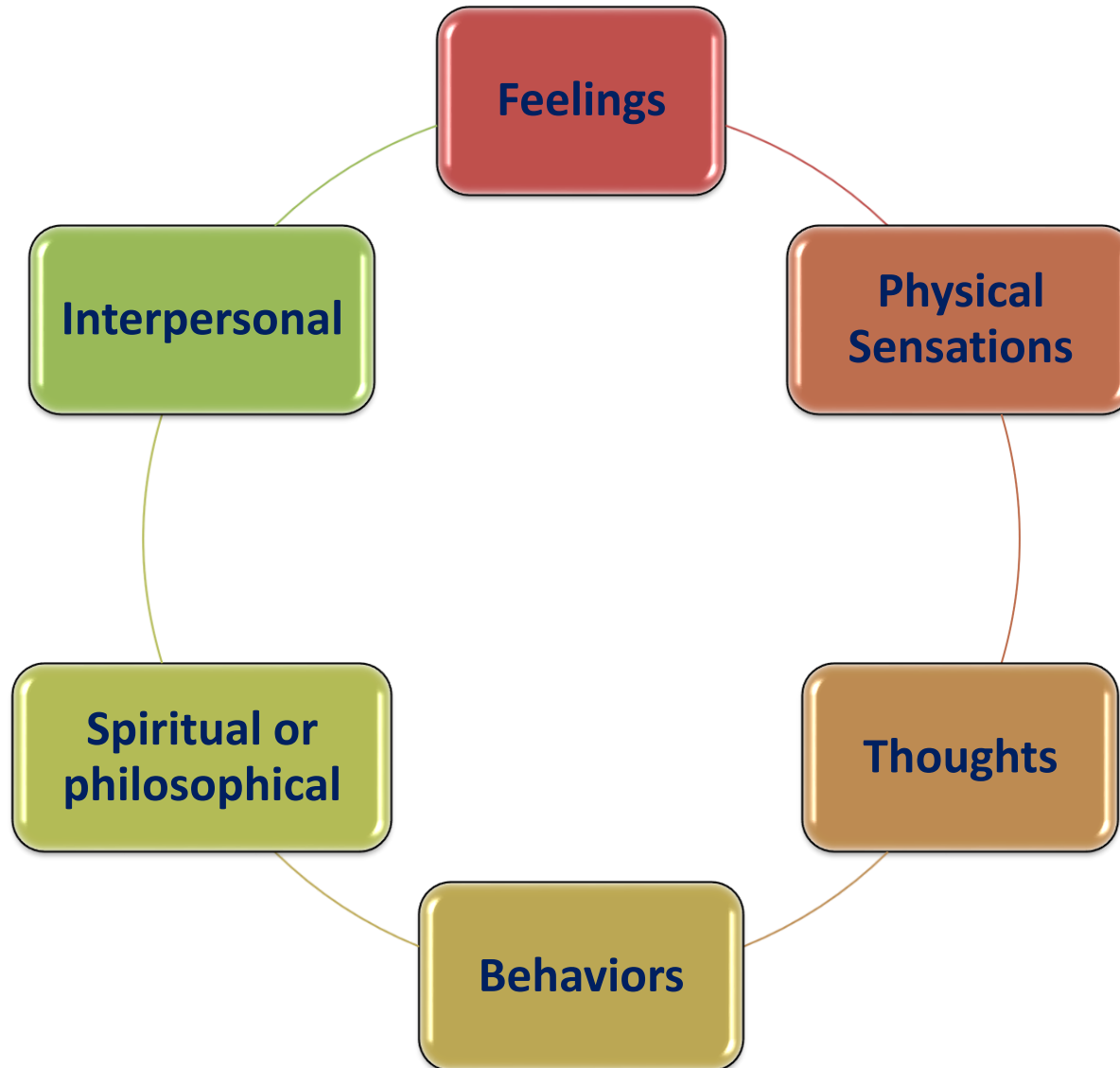
BEREAVEMENT is the state of having suffered a loss.

GRIEF is the process of psychological, social & somatic reactions to the perception of loss.

MOURNING is the cultural response to grief.

GRIEF WORK is the work of dealing with grief experience, requiring the expenditure of physical and emotional energy.

Grief Affects Us in A Variety of Ways



Chat



Poll: We all have experienced a wide range of emotions and sensations from grief when we experience loss.

Think about which of these emotions and feelings you currently have or have had in the past and select 1-2 from the list provided.



Grief May be Experienced by a Combination of Emotions & Sensations

SADNESS

ANGER

NUMBNESS

REGRET

DISBELIEF

DESPAIR

DESPONDENCY

HELPLESSNESS

PANIC & FEAR

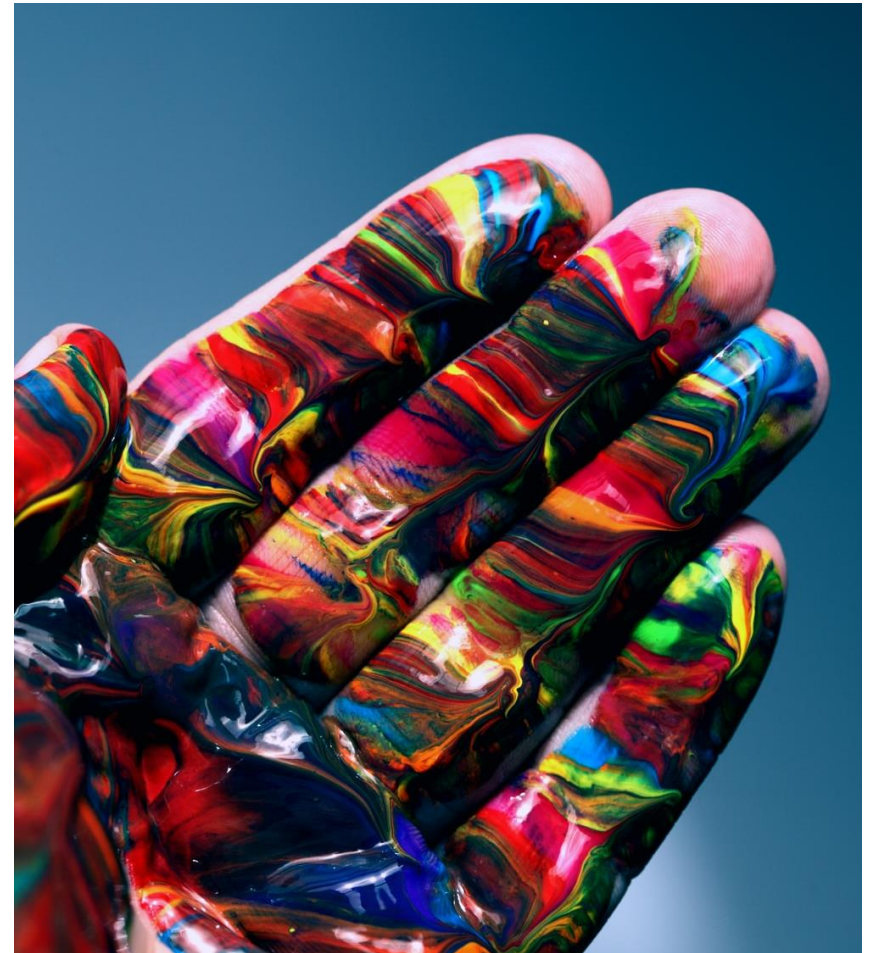
Chat

Grief Or Depression: Recognizing The Differences



Mental Health Disparities Within Diverse Communities: Black, Indigenous and People of Color (BIPOC)

CONTEXT FOR CARE



Types of Racism That Affect BIPOC's Mental Health



- **Racism**
- **Systemic/Structural Racism**
- **Interpersonal Racism**
- **Institutional Racism**
- **Internalized Racism**
- **“Reverse Racism”**
- **Oppression**
- **Racial Trauma**
- **Environmental racism**

Impact: Quick Stats



- **Black adults**
- **Blacks and Hispanics is likely to be more persistent**
- **People who identify as being two or more races**
- **Native and Indigenous Americans**
- **Cultural incompetence of health care providers**
- **Black people are more frequently diagnosed with schizophrenia**
- **Native and Indigenous American highest reported rate of mental illnesses**

Impact on BIPOC Communities by the George Floyd Murder

Incidence of Anxiety & Depression in BIPOC Communities Increased

Clinical signs of anxiety & depression in the Black community rose from 36% to 41%

Mental health disorders among Asian Americans increased from 28% to 34%

Suicide is the second-leading cause of death among young Indigenous & young Indigenous children/adolescents & they have higher rates of depression than any other racial group.

LatinX communities have low representation within the health care provider workforce. Language and cultural barriers affect the delivery of care.

What you can do

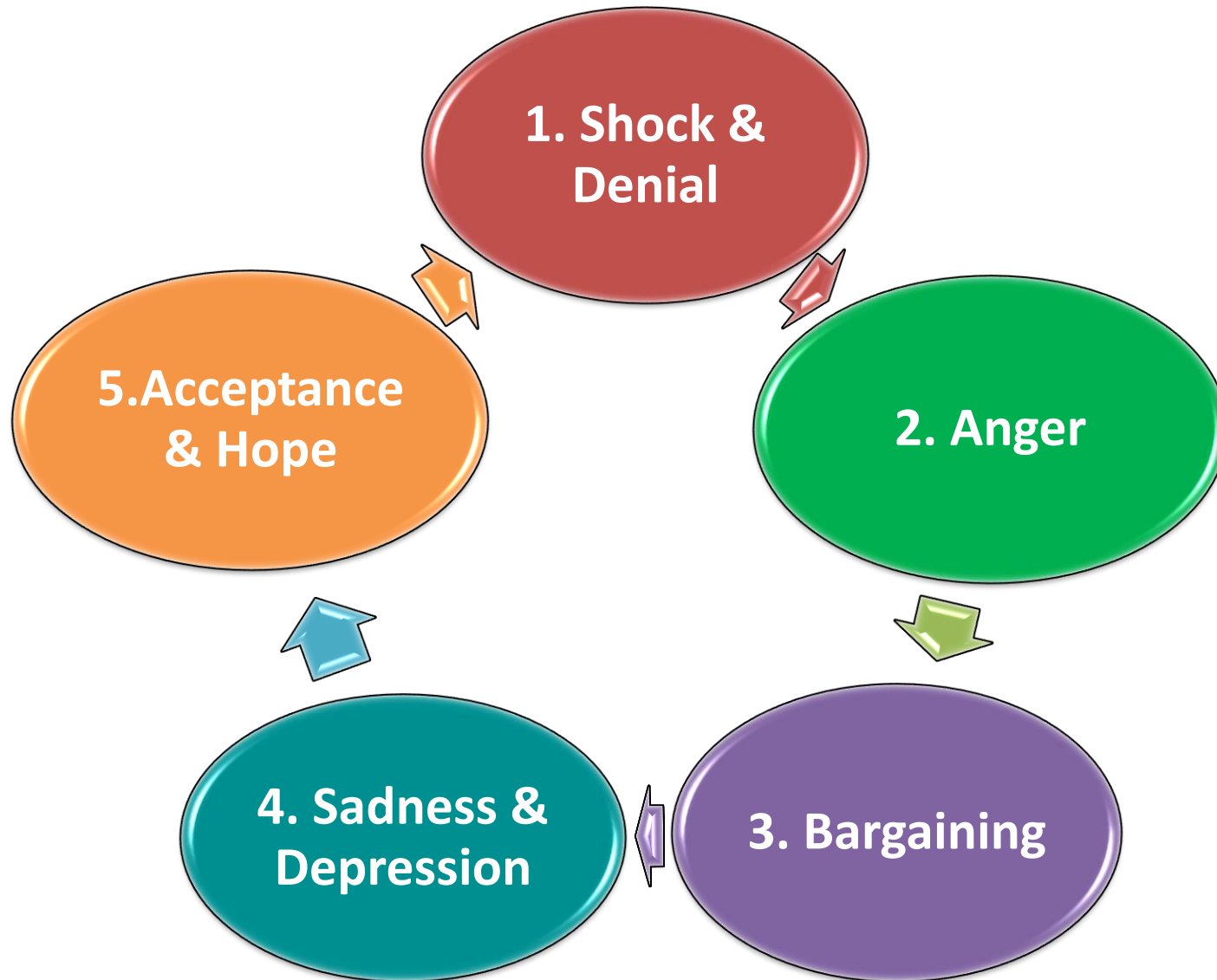
- Educate yourself – learn everything you can about your mental health condition
- Privilege and Allyship
- Advocate for yourself and family members
- Insist on seeing a person aligned with your needs and cultural/ethnic background
- Provide feedback and share any emergent concerns with your provider and or the provider's manager



Grief: Our Personal Journey



The 5-Stages of Grief



Please use the **CHAT** feature to respond to this question:



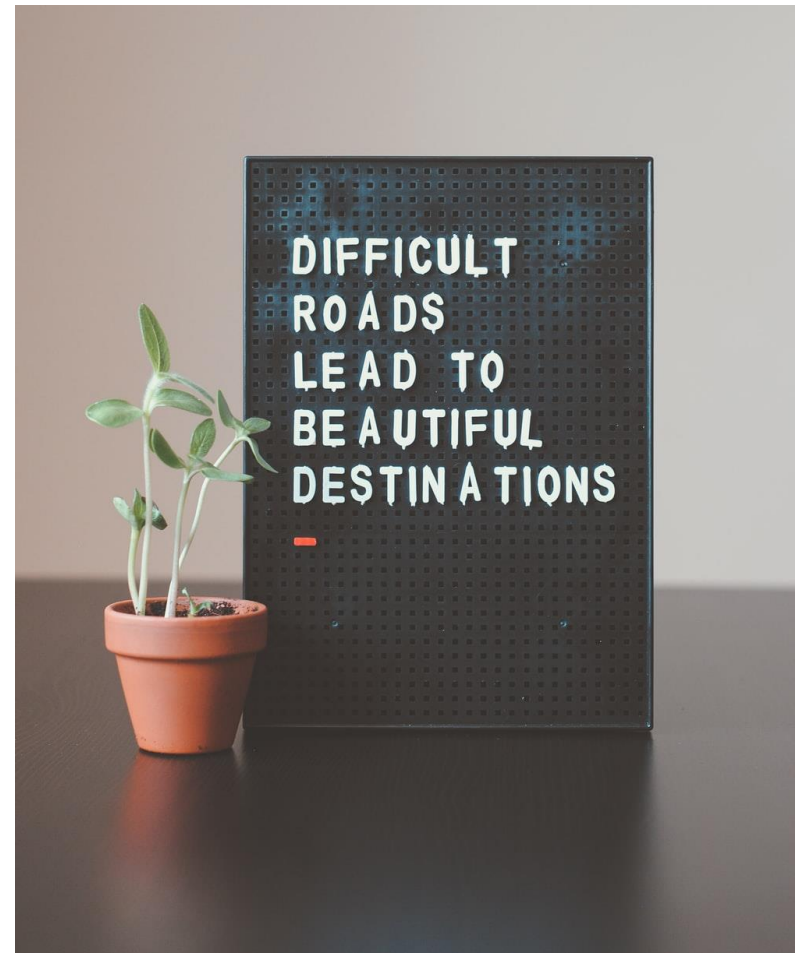
In reflecting on a recent loss you have experienced, what helped you to manage your grief and be able to progress through the different grief stages?

Coping With Grief: Strategies & Tips



The Tasks of Grieving: TEAR

- To accept the loss
- Experience the pain
- Adjust to the new reality
- Reinvest in the new reality



Strategies & Tips for Coping With Grief

Allow Yourself to Grieve -

Make the space to experience your feelings e.g. try journaling your feelings daily

Grief is a series of “loops”--expect “relapses”

Take Care of Yourself

Physically—eat nourishing foods, drink plenty of water, take naps exercise etc.

Be Prepared for Grief

Triggers - There will be times when external circumstances – a word, smell, place, song – may trigger a memory in you, perhaps a painful one.

Ask others for help/support-tell others what you need & accept it when offered.

Reach out to support others who are also dealing with the loss.

Celebrate the life of the person you lost.

Connect with what gives you sense of meaning and inner strength.

Give Yourself Time & Live One Day at a Time -

Proceed gently don't rush & try to be patient. Healing takes time.

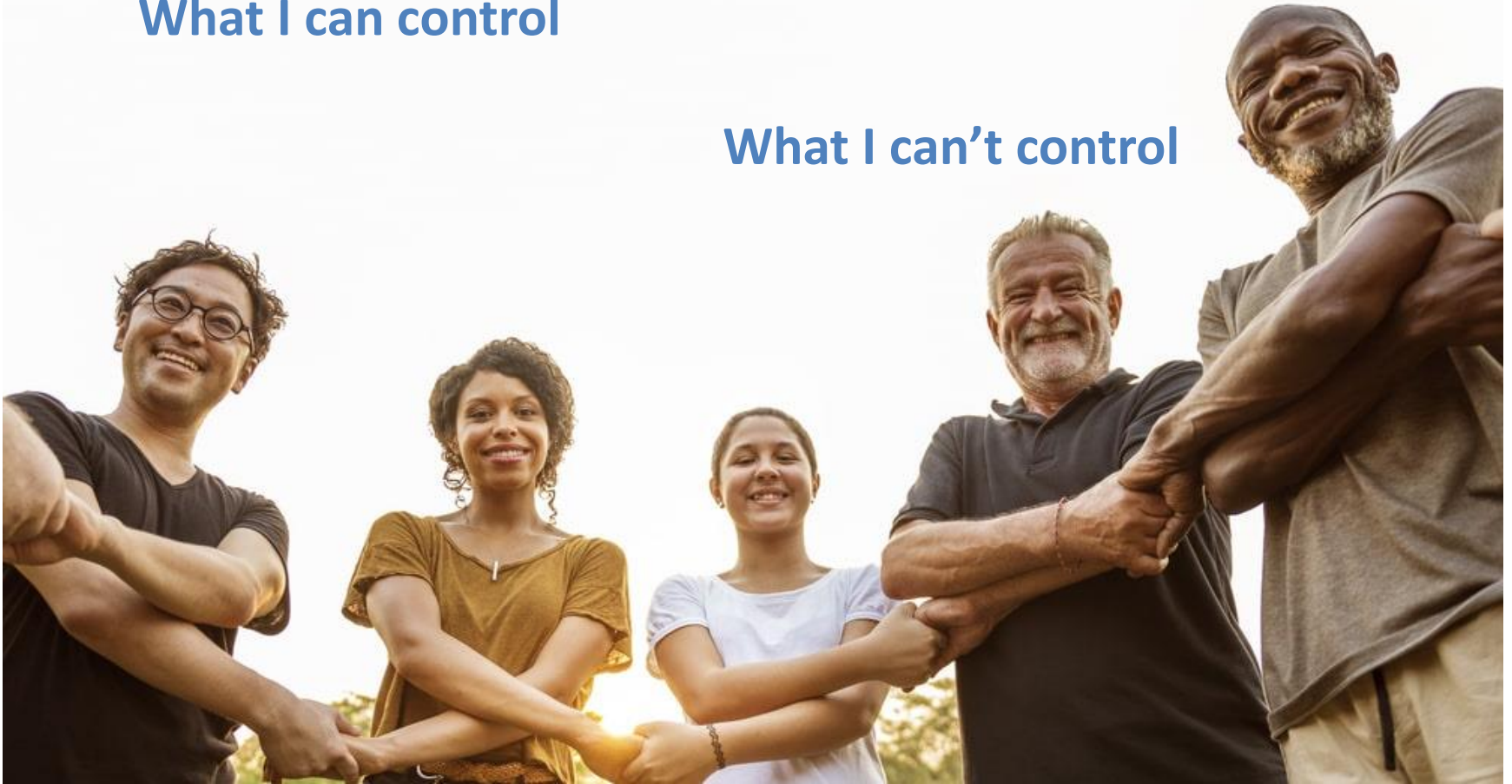
Additional Useful Grief Coping Activities

- Write a letter to express your feelings about the loss and how you are trying to cope with the loss.
- **Journaling** (write down your honest feelings about the loss each day and notice the changes as time passes.)
 - Today my grief feels like...
 - Today, I am surprised I feel...
 - Today I wish that...
- Make a list of 10 things you really appreciated and are grateful for about the person lost.
- Make a collage of your favorite photos of the person lost.
- Make a list of 10 things you are most grateful for in your life right now.
- Practice “Mindfulness” Meditation, and/or Prayer.

Accept Change

What I can control

What I can't control





What Are Your Questions???

Supporting Others





Psychological research shows that social support can be a powerful, constructive force in helping people cope with loss.

Providing Support To Others Who Are Grieving: Tips

- Be fully present (for the tears, anger, etc.) without judgment.
- Sit in silence. Listen more than you talk.
- Acknowledge feelings expressed, yet avoid trying to make those feelings go away.
- Offer validation and normalize the other's experience.
- Share your own memories of the person lost
- Help other person find their own comfort
- Be aware that culture, religion, family background influence grieving.
- Join a **bereavement** support group.

Helpful Things To Say

“ I am so sorry for your loss.”

“ I don’t know how you are feeling, but I am here to help in any way.”

“ I wish I had the right words at this time. But just know I’m here for you.

“My favorite memory of _____ is...”

Just give a hug instead of saying anything.

“You don’t have to talk. Let’s just sit here together.”

Signs Your Child Is Struggling With Grief

- Changes in Sleep or Eating
- Regression to younger behaviors
- Loss of interest in fun activities
- Loss of interest in playing with friends
- School issues
- Risky behavior



Ways to Help Children Who Are Grieving

- Encourage to express feelings & share your own
- Remember to heal
- Return to a regular routine
- Anticipate grief triggers
- Create new traditions & rituals
- Talk to your pediatrician





**What Are Your Questions About Coping
With Grief & Supporting Others?**

Call To Action





My Call to Action

- Consider all topics we covered and any insights and learnings you acquired.
- Identify 1-2 specific action(s) you commit to taking to help you and others cope with grief and loss.
- Please share **via Chat or Use the Raise Hand to Speak up.**

Thank you!

The image features the words "Thank you!" written in a highly decorative, hand-drawn style. The letters are thick and rounded, with each letter filled with a different color and pattern. The 'T' is orange with a red zig-zag pattern. The 'h' is orange with a red zig-zag pattern. The 'a' is green with a black dotted pattern. The 'n' is purple with a black dotted pattern. The 'k' is orange with a red zig-zag pattern. The 'y' is green with a black dotted pattern. The 'o' is pink with a black dotted pattern. The 'u' is blue with a black dotted pattern. The exclamation point is blue with a black dotted pattern. There are several stylized flowers: a blue flower with a purple center, a pink flower with a yellow center, and a purple flower with a blue center. The background is a light blue gradient.



Moment of Silence

SILENCIO
SILENCE



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Q & A



THANK YOU!

To learn more about BACHAC www.bachac.org

For more mental health resources

<https://www.smchealth.org/bhrs/mhresources>

<https://www.smchealth.org/post/covid-19-mental-health-resources>



Please complete the survey when you receive
it.

Your feedback MATTERS!

What's Coming?

- Check out BACHAC's Knowledge for Life [blog](#)

Wednesday, Feb. 3rd 10-11am

- Culturally Informed Policy &
- Programs for Black Elders



Saturday, Feb. 6th 9am-1pm

- Off To A Good Start
- Register @ www.bachac.org





BAY AREA Community Health Advisory Council

I'm getting the vaccine because:
I want to volunteer
again at my church.

- Lisa Tealer, Executive Director
Bay Area Community Health Advisory Council

#StopTheSurge
#RollUpYourSleeve
smchealth.org/coronavirus



COUNTY OF SAN MATEO

<https://www.smchealth.org/covid-19-vaccination>

<https://www.smchealth.org/covid-19-testing>

<https://covid19.ca.gov>

<https://www.bachac.org/covid19-resources>

COVID-19 TESTING

Quick and easy testing at the cost to you!
No information shared with CEH.
Simple, no swab test!
Children 5+ can be tested with guardians!
Walk-ups are welcome (pre-registration preferred)!
If you are COVID positive resources are available to you and your family!
See below for more information!

Register online: <https://coronatest.com/usa/10055/askusag/>

Every Wednesday Starting
Wednesday, November 11th
4:00 PM - 7:00 PM
St. James Church
825 Monte Diablo Avenue
San Mateo

*If you are positive, CEH can help you find resources to support you and your family. If you need to balance work and family, we can help you find support. If you need to balance work and family, we can help you find support. If you need to balance work and family, we can help you find support.

At our test for COVID-19, we are not setting it. We want to provide the support you need to get back to work.

BAY AREA Community Health
ST. JAMES Church
collegio of San Mateo
COUNTY OF SAN MATEO



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THANK YOU!!**