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
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)
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 effective 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
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
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

- Feelings
- Physical Sensations
- Thoughts
- Behaviors
- Spiritual or philosophical
- Interpersonal
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

<table>
<thead>
<tr>
<th>Incidence of Anxiety &amp; Depression in BIPOC Communities Increased</th>
<th>Clinical signs of anxiety &amp; depression in the Black community rose from 36% to 41%</th>
<th>Mental health disorders among Asian Americans increased from 28% to 34%</th>
</tr>
</thead>
</table>

- 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

1. Shock & Denial
2. Anger
3. Bargaining
4. Sadness & Depression
5. Acceptance & Hope

Elizabeth Kubler-Ross
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
• **E**xperience the pain
• **A**djust to the new reality
• **R**einvest in the new reality
### Strategies & Tips for Coping With Grief

<table>
<thead>
<tr>
<th>Allow Yourself to Grieve</th>
<th>Grief is a series of “loops” -- expect “relapses”</th>
<th>Take Care of Yourself Physically — eat nourishing foods, drink plenty of water, take naps, exercise etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make the space to experience your feelings e.g. try journaling your feelings daily</td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td>Ask others for help/support-tell others what you need &amp; accept it when offered.</td>
<td>Reach out to support others who are also dealing with the loss.</td>
</tr>
<tr>
<td>Celebrate the life of the person you lost.</td>
<td>Connect with what gives you sense of meaning and inner strength.</td>
<td>Give Yourself Time &amp; Live One Day at a Time - Proceed gently don’t rush &amp; try to be patient. Healing takes time.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.
"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..."

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

Just give a hug instead of saying anything.
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!
Moment of Silence

SILENCIO

SILENCE
Wellness Where You Are
Online Series
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

Wellness Where You Are: Online Series
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

https://www.smchealth.org/covid-19-vaccination  
https://www.smchealth.org/covid-19-testing  
https://covid19.ca.gov  
https://www.bachac.org/covid19-resources
Wellness Where You Are
Online Series
THANK YOU!!