



UTAH CENTER  
FOR EVIDENCE BASED  
TREATMENT

# Resilience Among Latinx Immigrant Families, COVID-19 Challenges, and Clinical Recommendations

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## Learning Objectives

- Name at least 3 common themes of resilience among the Latinx population
- List 3 cultural values that enhance resilience among the Latinx immigrant population during the COVID-19 pandemic
- Describe COVID-19 challenges faced by this population
- Learn 3-4 treatment recommendations to assist Latinx immigrant clients impacted by the pandemic

What's the difference between  
Hispanic and Latino?



## LATINO(A)

Includes  
Brazil,  
French Guiana,  
Guadeloupe,  
Martinique,  
Haiti, Saint  
Barthélemy and  
Saint Martin.

Does not  
include  
Spain.

ARGENTINA  
BOLIVIA  
CHILE  
COLOMBIA  
COSTA RICA  
CUBA  
DOMINICAN REPUBLIC  
ECUADOR  
EL SALVADOR  
GUATEMALA  
HONDURAS  
MEXICO  
NICARAGUA  
PANAMA  
PARAGUAY  
PERU  
PUERTO RICO  
URUGUAY  
VENEZUELA

## HISPANIC

Includes  
Spain.

Does not  
include  
Brazil,  
French Guiana,  
Guadeloupe,  
Martinique,  
Haiti, Saint  
Barthélemy  
and Saint  
Martin.

**Ketchum**

empathy + intelligence



# Cultural Background

- Latinxs heterogeneity
- Cultural Values

(Acevedo, Herrera, Shenhav, Yim, & Campos, 2020)

Value	Meaning
Confianza 'Trust'	The importance of truthfulness towards an individual or group.
Machismo 'Chauvinism'	The set of values that define what is expected from Latinx males in society.
Marianismo 'Marianism'	The association of women with humble traits, and spiritual figures like Virgen de la Guadalupe or Virgin of Guadalupe.
Familismo 'Familism'	The value for connectedness and interdependence among family members.
Respeto 'Respect'	The limits within a relationship to prevent issues and show value towards others.
Espiritualidad 'Religion and Spirituality'	The reliance on a higher power figure to make an interpretation out of an event such as illnesses and death .
Dignidad 'Dignity'	The Latinx belief of treating individuals with honor.
Simpatia 'Sympathy'	The value of developing optimistic and affectionate interpersonal dynamics.
Personalismo 'Personalism'	The value about interpersonal relationships such as intimacy, closeness, and affection.

# General Challenges

- Migration challenges
  - Acculturative stress
    - English as a second language
    - Weather changes
    - Homesickness
  - Poverty
  - Assimilation
  - Vulnerable immigration status

# Mental Health Disorders

- Depressive Disorders
- Anxiety Disorders
- Trauma Disorders
- Seasonal Affective Disorders



# Covid-19 Effects on Latinx Adults

- Traumatic nature of Covid-19
- Covid-19 fear is much higher in some subgroups of the general population, including Hispanics (Latinx was not a separate subgroup)
- (Fitzpatrick, 2020)
- Disproportionate infection and death rates among Latinx population
  - Especially true for adults aged 65+ (Garcia, 2021)
    - Overall, 7x more likely to die of Covid-19 than younger adults
    - Latinx older adults are 2x more likely to die than White counterparts
  - Utah is 14% Latino, accounts for 19% of Covid-19 cases
  - (salud-America.org)

# Covid-19 Effects on Latinx Children (Fortuna, 2020)

- More susceptible to mental health issues due to social isolation and stress on caregivers
- Loss of older members of the community profoundly affects them and their support network
- Faced with their own stress response while their parents/caregivers are also highly stressed
- Important educational and social resources have been lacking

# Covid- 19 Challenges

- Social
- Health
- Economic
- Immigration
- Access to information concerns

(Falicov, 2020; Garcini et al., 2021)

# Economy

- Financial stress
  - Housing instability
  - Food and technology purchases
  - Difficulty accessing healthcare services
  - Medication purchase
  - Financial help family in country of origin

(Falicov, 2020; Garcini et al., 2021)

# Family

- Familial stress
  - Multiple roles
  - Limited technology resources
  - Language barriers
  - Values and roles conflict

(Falicov, 2020; Garcini et al., 2021)

# Information and Resources

- Access to information
  - Unreliable, unclear
  - Mistrust
  - Safety concerns

# Immigration

- Immigration concerns
  - Fears of deportation
  - Familial separation
  - Mistrust
  - Avoidance

(Falicov, 2020; Garcini et al., 2021)

# Social

- Social concerns
  - Network changes
  - Social isolation
  - Family stress

(Falicov, 2020; Garcini et al., 2021)



# Health

- Health
  - Access to services
  - Continuity of treatment
  - Inability to work

(Falicov, 2020; Garcini et al., 2021)

# Resilience

- Behavioral techniques
- Spirituality
- Collectivism/Familism
- Cognitive strategies
- Biculturalism

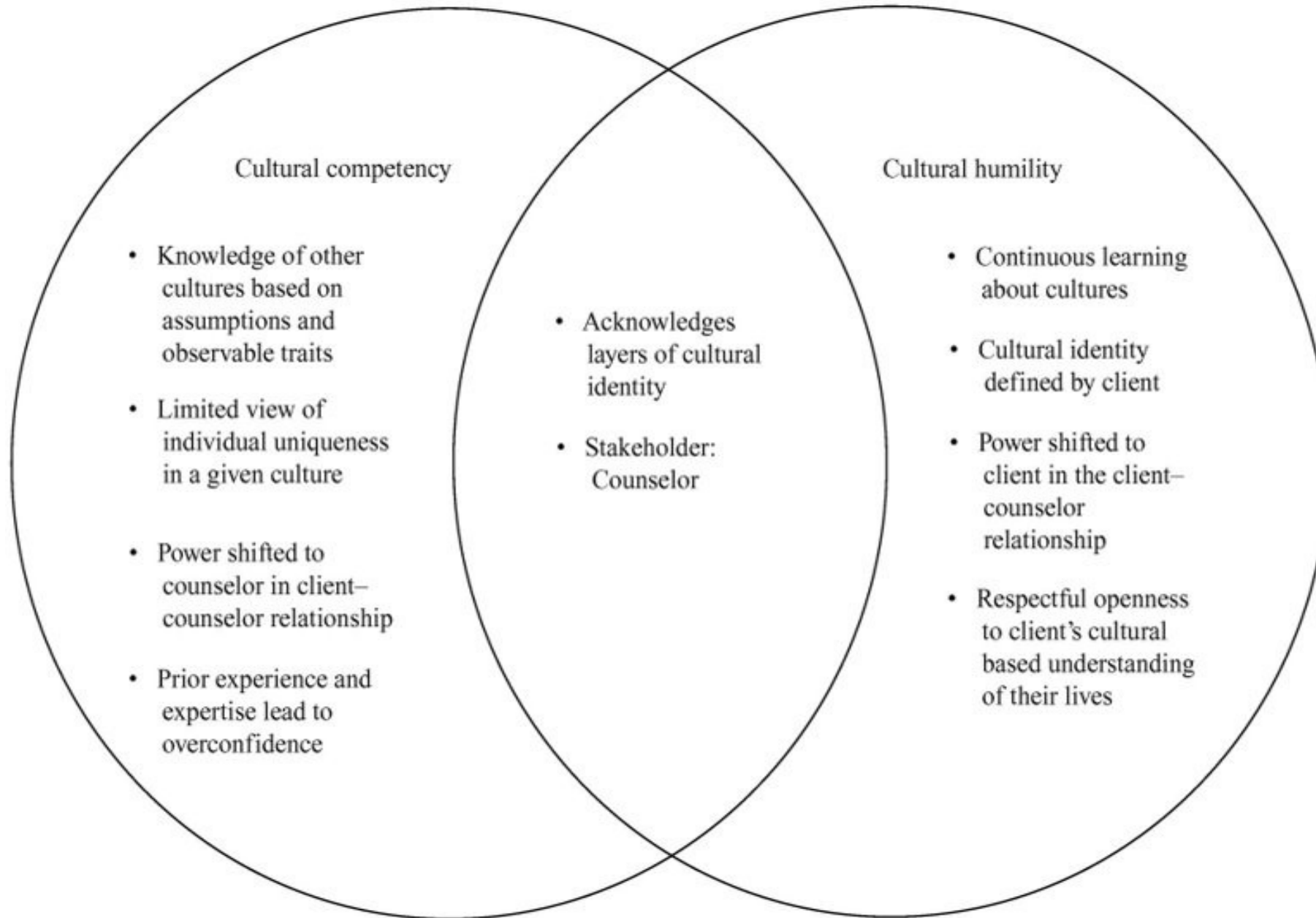
(Cardoso et al., 2010; Garcini, 2021; Prime, 2020)

## Clinical Recommendations

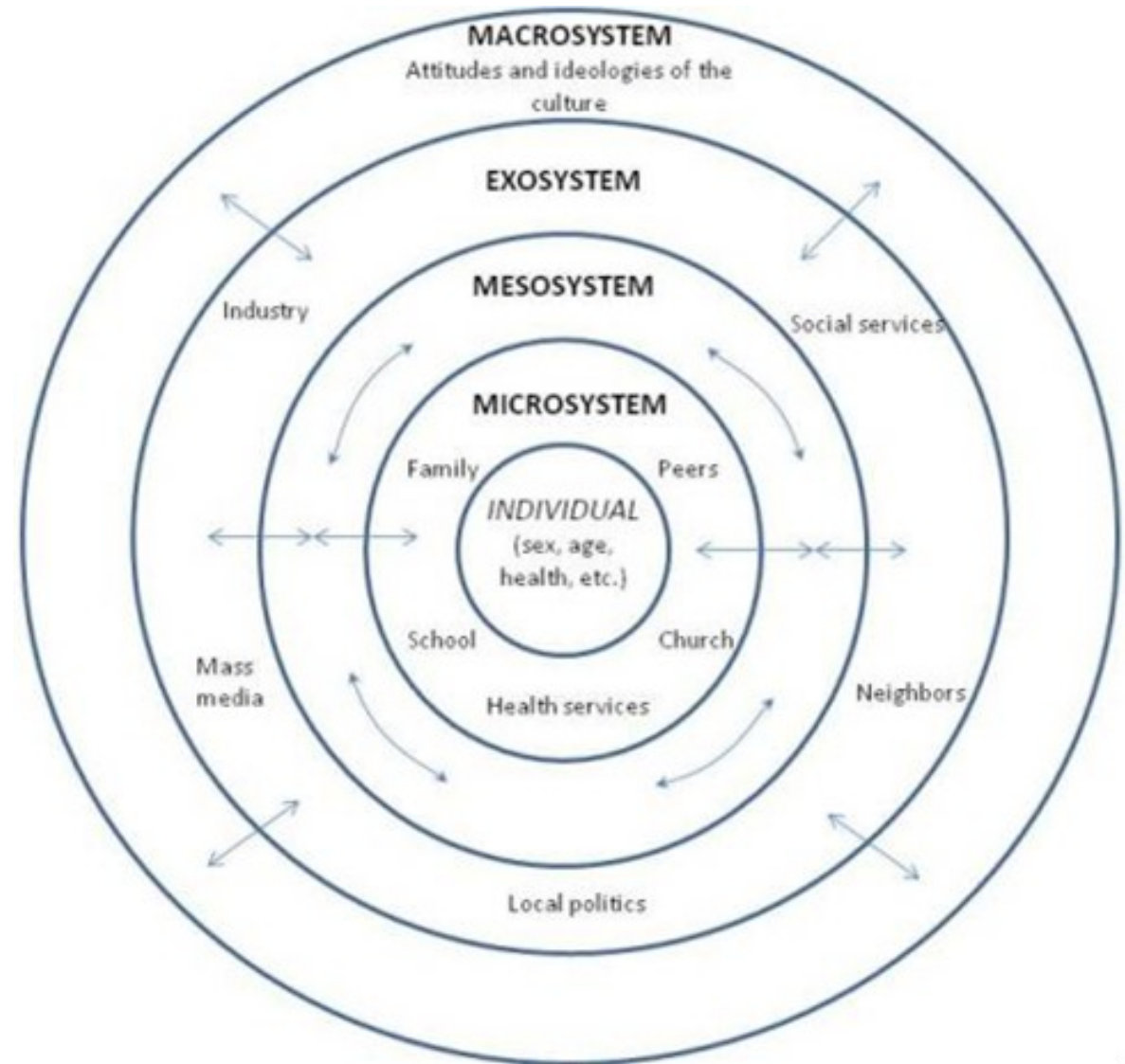
- Best Practice Recommendations for Psychologists Working With Marginalized Populations Impacted by COVID-19

(Meyer & Young, 2021)

1. Self-reflection and self-awareness
2. Knowledge acquisition
3. Collaboration with clients



Ecological Model.  
Copyright 1979  
By Bronfenbrenner.



## Treatment Recommendations

- Location of services in the community
- Interpretation services
- Telehealth services (IT services to help address telehealth challenges)
- Bicultural and bilingual services
- Promotion of relevant values (e.g., familismo and ethnic identity)
- Familiarity with their communities
  - Community resources: "Promotor" or community links

(D' Costa 2021; Falicov 2020)

# Resources

- **CDC Health Disparities Statistics**

[https://www.cdc.gov/nchs/nvss/vsrr/covid19/health\\_disparities.htm](https://www.cdc.gov/nchs/nvss/vsrr/covid19/health_disparities.htm)

- **Update: Coronavirus Case Rates and Death Rates for Latinos in the United States**

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

- **Systemic Racism & Health Care, COVID & Treatment**

<https://nihcm.org/publications/systemic-racism-health-care-covid-treatment>

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