ELDER EMOTIONAL HEALTH FOR LATINOS

OREGON HEALTH AUTHORITY
MARIA ANTONIA SANCHEZ AND JOEL PELAYO

INTRODUCTIONS

- Name
- Duration in NCS as a Community Health Worker
- Where are you coming from?

Objectives:

- Have a deeper understanding of how elder populations view Mental Health
- Learn about Valle Verde Mental Health Promotion Program in the Gorge

- THE USE OF POPULAR EDUCATION

Dinámica:

In a short phrase:

- How do you feel in these times of COVID-19?
- What comes to your mind when you hear emotional health on elders of Latino population?

- **BRAINSTORMING WHAT COMES TO YOUR MIND WHEN YOU HEAR EMOTIONAL HEALTH ON ELDERS OF LATINO POPULATION?**

DEPRESSION AND ITS EFFECTS

- Abandoned their origin land, had to leave their social structure in the country where they came from
- Isolation
- The language: They have difficulties communicating in this country
- Lack of transportation
- The Climate
- Many of them are dependent on family for the economic part

THE CULTURE

- DIFFERENT CUSTOMS AND TRADITIONS. MANY OF PEOPLE GROW OLD IN THIS COUNTRY AND OTHERS COME TO THIS COUNTRY AS ELDERS
- THE HEALTH SYSTEM IS DIFFERENT
- SOME PEOPLE HAVE BELIEFS ABOUT THEIR OWN CHILDREN AND GRAND-CHILDREN AND HOW TO SUPPORT THEIR ECONOMIES WHEN THEY BECOME ELDERS
- THEY SOMETIMES FACE NEW REGULATIONS AND LAWS THAT ARE VERY DIFFERENT THAN WHAT EXIST IN THEIR OWN COUNTRIES

THE LONELINESS

- IF AN ELDER HAS GRANDCHILDREN WHEN THEY COME TO THIS COUNTRY, THEIR GRANDCHILDREN MAY COMMUNICATE ONLY IN ENGLISH MAKING IT HARD FOR THE ELDER TO COMMUNICATE WITH FAMILY MEMBERS
- AS WE STATED EARLIER, THERE IS A LACK OF TRANSPORTATION
- LONG WINTERS
- EVEN IF THEY LIVE WITH A SON OR A DAUGHTER, THEIR SON OR DAUGHTER LEAVE THE HOME TO WORK AND THEY STAY ALONE, AND THE CHILDREN GO TO SCHOOL
- OFTEN THEY DO NOT HAVE DECENT HOUSING

POVERTY AND UNEMPLOYMENT

IMMIGRATION

- SOME PEOPLE DO NOT HAVE DOCUMENTS. EVEN THE FAMILY MEMBERS THEY LIVE WITH MAY NOT HAVE DOCUMENTS.
- CONSEQUENTLY THEY FACE RESTRICTIONS TO RECEIVE ANY BENEFITS
- THEY DO NOT QUALIFY TO RECEIVE MENTAL HEALTH SERVICES

STIGMA BELIEFS

- PEOPLE WITH MENTAL ILLNESS ARE DANGEROUS
- THEY WILL NOT RECOVER
- THEIR MENTAL ILLNESS IS THEIR OWN FAULT OR THE FAULT OF THEIR FAMILY
- NEGATIVE CONSEQUENCES SUCH AS LOW EMPLOYMENT RATES

INTRODUCTION OF VALLE VERDE

- **¿WHAT IS VALLE VERDE?**

- A MENTAL HEALTH PROMOTION PROGRAM IN THE GORGE FOR THE LATINO COMMUNITY

- CREATED BY LOCAL COMMUNITY PARTNERS AND COMMUNITY HEALTH WORKERS TO ADDRESS SOME OF THE MENTAL HEALTH CHALLENGES OF THE LATINO COMMUNITY IN THE GORGE

- A WEEKLY PROGRAM SESSION FOR THOSE WHO ARE REFERRED BY OTHER AGENCIES OR THEMSELVES FOR HOOD RIVER AND WASCO COUNTIES.

SOME OF THE TOPICS WILL BE ADDRESSING ARE: STRESS MANAGEMENT, DOMESTIC VIOLENCE, DEPRESSION, ADDICTIONS, AND LIVING IN A NEW CULTURE.

BASED ON WEEKLY SESSIONS

TOPICS OF MENTAL HEALTH WILL BE ADDRESSED

STRESS, DEPRESSION, CULTURAL IMPACT

EVALUATION

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