



Building Agricultural Worker Wellness and Resiliency

Midwest Migrant Stream Forum 2023

Presenters



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About MHP Salud



As a HRSA-funded National Training and Technical Assistance Partner (NTTAP), MHP Salud has been able to provide training and technical assistance to FQHCs and other organizations looking to build or enhance Community Health Worker (CHW) programs for 40 years.

We are a national nonprofit organization that implements and runs Community Health Worker (CHW) programs. These programs provide peer health education, increase access to health resources, and bring community members closer. MHP Salud also has extensive experience offering health organizations training and technical assistance on CHW programming tailored to their specific needs.

We serve communities by embracing the strengths and experiences of individuals and families, engaging them to achieve health and well-being.

Session Overview:

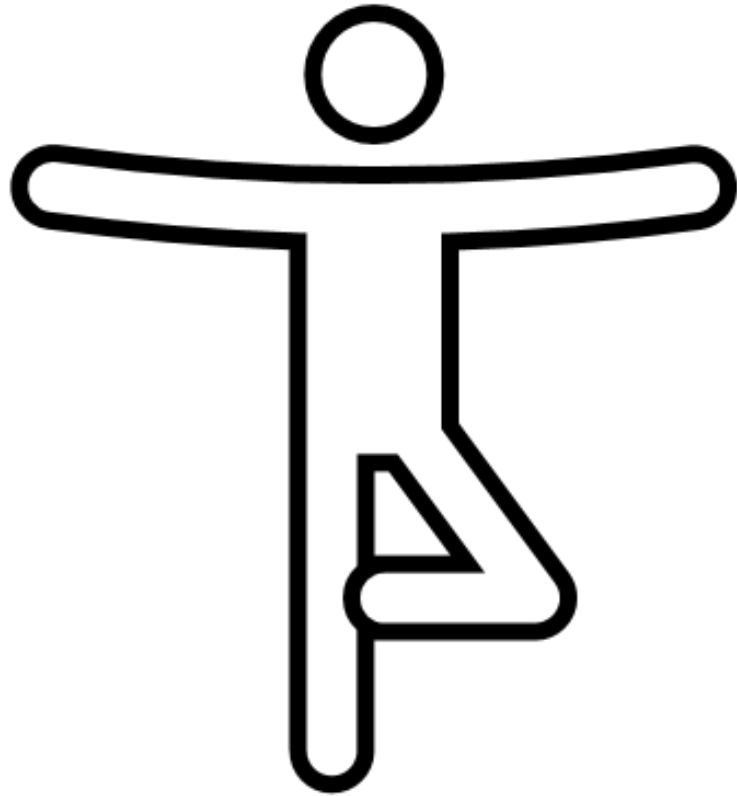


Community Resiliency Model (CRM): Trauma + Concept + Terms
Survey Results: Unique Mental Health Needs of Migrant and Seasonal Agricultural Workers
CHWs Addressing Mental Health Needs
30 Min Break!
Community Resiliency Model (CRM): Resiliency Skills
Case Studies and Practice
Closing + Evaluation

Session Objectives:

- Demonstrate an understanding of the mental health needs of underserved Latino populations, specifically Migrant and Seasonal Agricultural Workers (MSAWs).
- Introduce how CHWs address cultural barriers to mental health.
- Identify and utilize the wellness tools in support of CHWs who work with MSAW communities to practice self-care and improve community resiliency.





Dinamica:

How often do you practice self-care?

Let's get our self-care activity in for today!

3-Step Mindfulness Exercise

1. Step out of autopilot and try to bring your awareness to what you are doing, thinking, and sensing.
2. Become aware of your breathing: Your only goal is to become aware of your breathing.
3. Expand your awareness outward; let your awareness spread outward. First to your body, then to your surroundings.



What is resiliency?

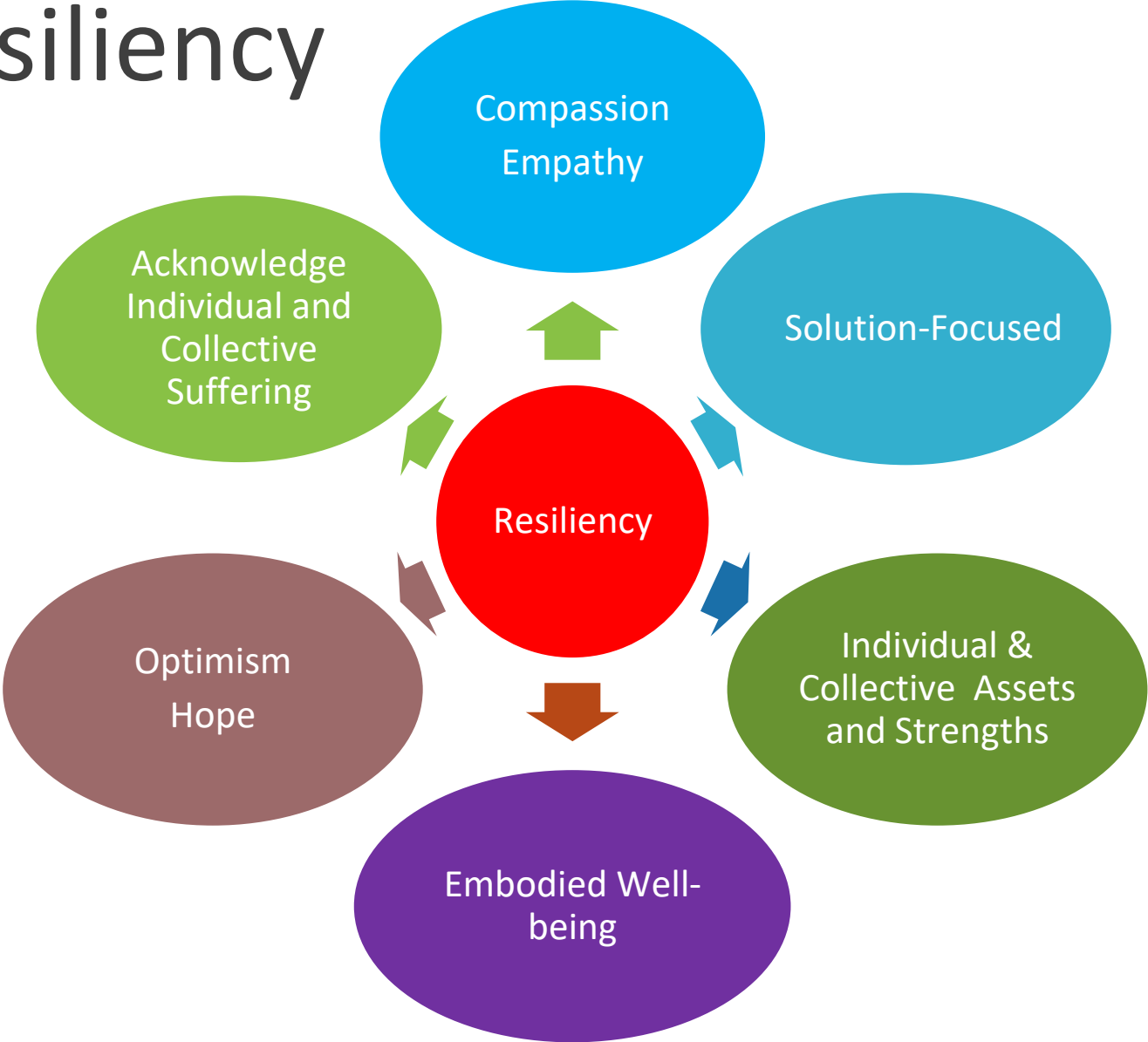


Resiliency is...

- the ability to cope with stressful life
- situations in a healthy manner, "to bounce back"
- a process strengthened through practice

Introduction to Resiliency

ACTIVITIES OF DAILY LIVING



Perspective Shift



Conventional:

What is wrong with you?



Trauma-Informed:

What happened to you?



Resiliency-Informed:

What is right about you? What are your strengths?

Realms of ACEs

3 Realms of ACEs

ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit ACEsConnection.com to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



Adverse Childhood Experiences (ACEs)

Family



Death of a loved one



Neglect



Abuse

Community



Community violence



Poverty



Food insecurity

Environment



Climate change

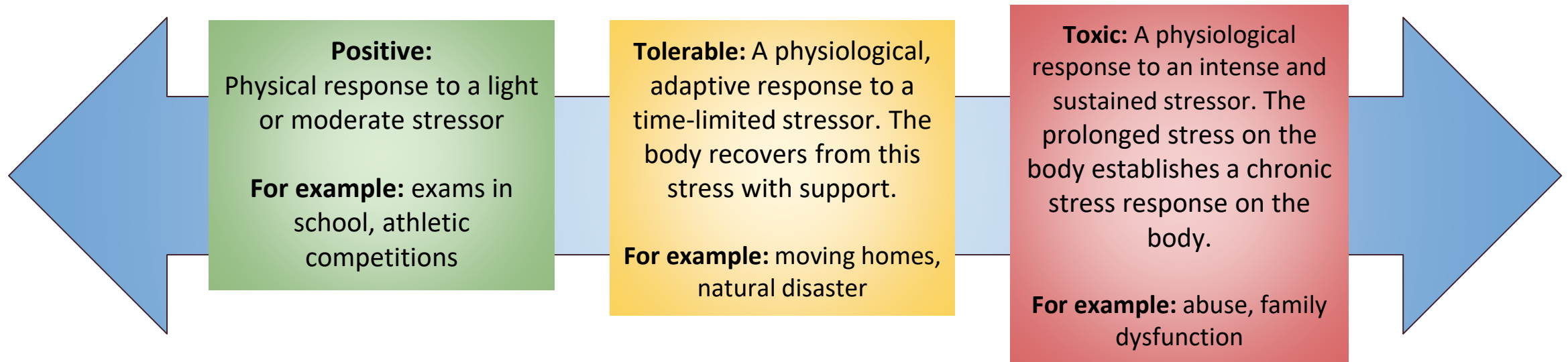


Trauma is...

An individual perception of the experience as being life-threatening.

The emotional, psychological, and physiological impact made by the heightened levels of toxic stress

Stress



COMMON STRESS REACTIONS

Thinking
Paranoid
Nightmares
Dissociation
Forgetfulness
Poor Decisions
Distorted Thoughts
Suicidal/Homicidal

Emotional
Rage/Fear
Avoidance
Depression
Grief
Guilt
Shame
Apathy
Anxiety

Physical
Numb/Fatigue
Physical Pain
Rapid heart rate
Breathing problems
Tight Muscles
Sleep Problems
Stomach Upset
Hyper-vigilance
Trembling

Spiritual
Hopelessness
Loss of Faith
Hyper-religiosity
Deconstruction of Self
Guilt
Doubt

Behavior
Isolation
Tantrums
Self-Injury
Violent behaviors
Addictions
Eating Disorders
Abusive Behaviors

Relationships
Angry at others
Isolation
Missing work
Overly Dependent
Irritability





Unique Mental Health Needs of Migrant and Seasonal Agricultural Workers

- Depression (98.6%)
- General Anxiety Disorder (85.1%)
- Substance Abuse (82.4%)
- Post-Traumatic Stress Disorder (PTSD) (73%)

Specific Subpopulations

- Women (89.2%)
- Men (63.5%)
- Children/Adolescents (48.6%)
- Older Adults (33.8%)

Risk Factors

Living Conditions	Living in a rural or remote location (e.g., migrant camps, temporary housing)
Migration	Migrating to the US without family can lead to feeling isolated
Family Life	Trying to raise a family in migrant camps and/or while working in the fields

Barriers to Mental Health Care

Other very common barriers to receiving mental health services include:

- **Concern about losing paid work time (85%)**
- **Mental health stigma (82.4%)**
- **Lack of transportation (74.3%)**
- **Fear of using health care due to immigration status (73%)**
- **Lack of knowledge of mental health services (68.9%)**



The Community Resiliency Model (CRM)

CRM uses observation and knowledge of patterns of the nervous system to help people learn to distinguish between sensations of distress and well-being.





The Community Resiliency Model (CRM)

CRM can be used by
ANYONE

CRM can be used for
ANYTHING



How ACEs and CRM Connect



Wellness and resilience skills like CRM are preventative treatments



CRM reduces trauma and toxic stress's contributions to lifelong health problems



The American Public Health Association has adopted the following definition of **Community Health Worker**

A Community Health Worker is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

A Community Health Worker also builds individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support and advocacy.



In other words...

A Community Health Worker is a trusted member of the community who empowers their peers through education and connections to health and social resources.





How can CHWs working with MSAWs promote self-care and mental well-being?

- CHWs play an important role in promoting mental well-being for MSAWs.
- One of the first steps for CHWs to help promote mental well-being is to understand the risk factors that MSAWs experience.
- As we have previously discussed, poverty or economic hardship, social isolation, and poor housing conditions among the most prevalent contributing factors to mental health issues in MSAW communities.

Common strategies used by health centers to address the mental health needs of MSAWs included:

- **Providing referrals to mental health services (87.8%)**
- **Providing translation services (85.1%)**
- **Offering telehealth (83.8%)**
- **Developing and/or providing culturally and linguistically specific resources (81.1%)**

CHWs can successfully work in a variety of settings, like hospitals, clinics, community centers, and migrant camps (e.g., out in the field/community). CHWs can be integrated into a healthcare team in hospitals or health clinics.



ACTIVITY!

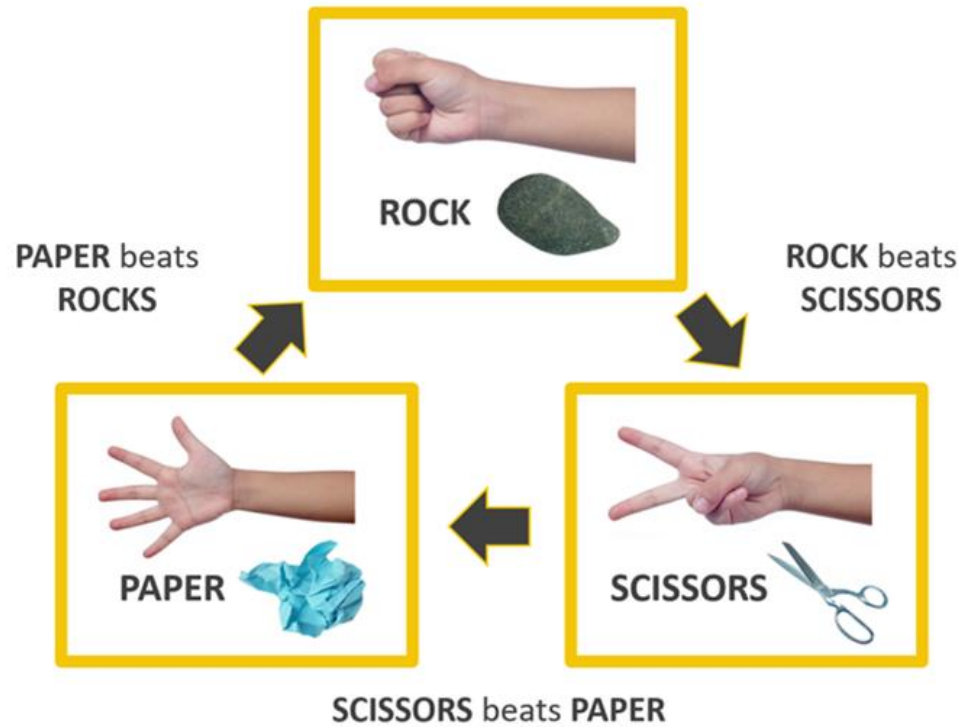
Resiliency Wall



BREAK
30 min



Movement Dinamica & RAFFLE



The Skills of the Community Resiliency Model



Tracking: Noticing or paying attention to what is happening on the inside. Stay with the pleasant or neutral sensations.

iChill App

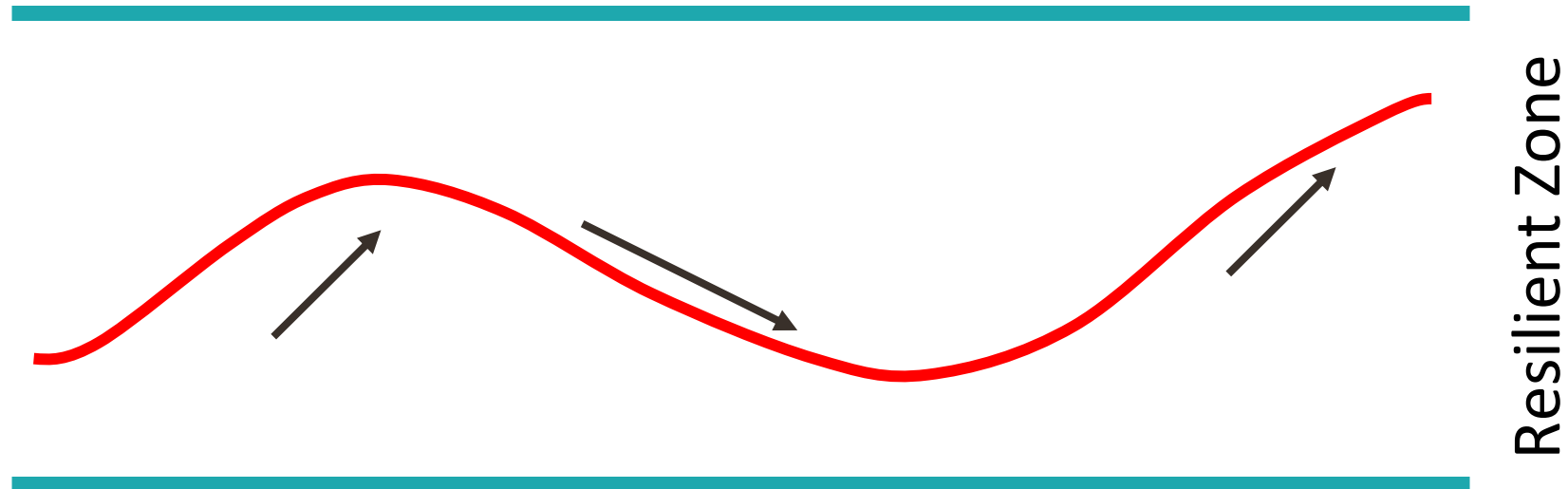


**WELLNESS
SKILLS IN YOUR
POCKET**

DOWNLOAD THE APP
or visit iChill.com to practice these skills.

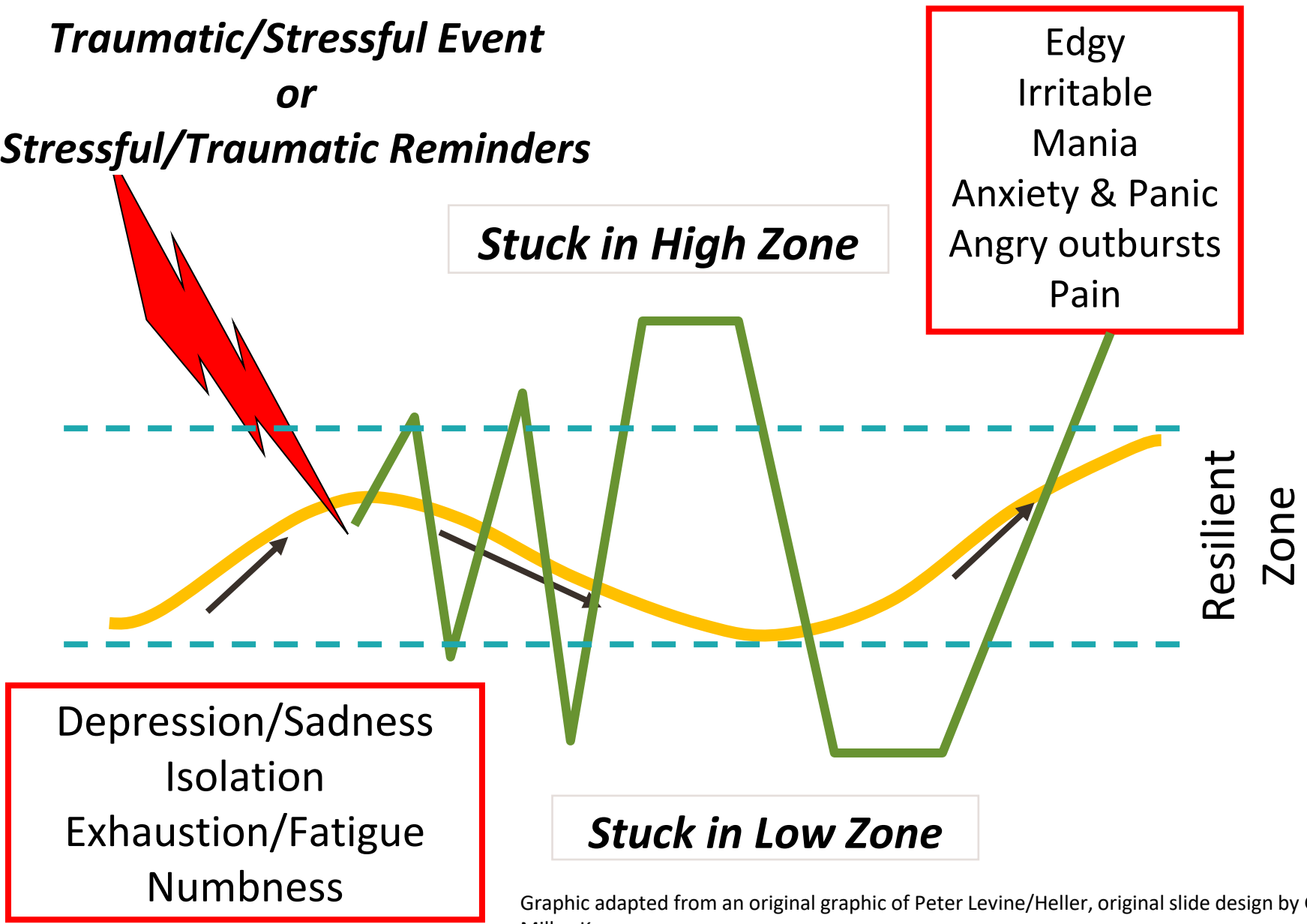
ichillapp.com

The Resilient Zone - “OK” Zone



GOAL: TO WIDEN YOUR RESILIENT ZONE

**Traumatic/Stressful Event
or
Stressful/Traumatic Reminders**



Stuck in High Zone

Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain

Depression/Sadness
Isolation
Exhaustion/Fatigue
Numbness

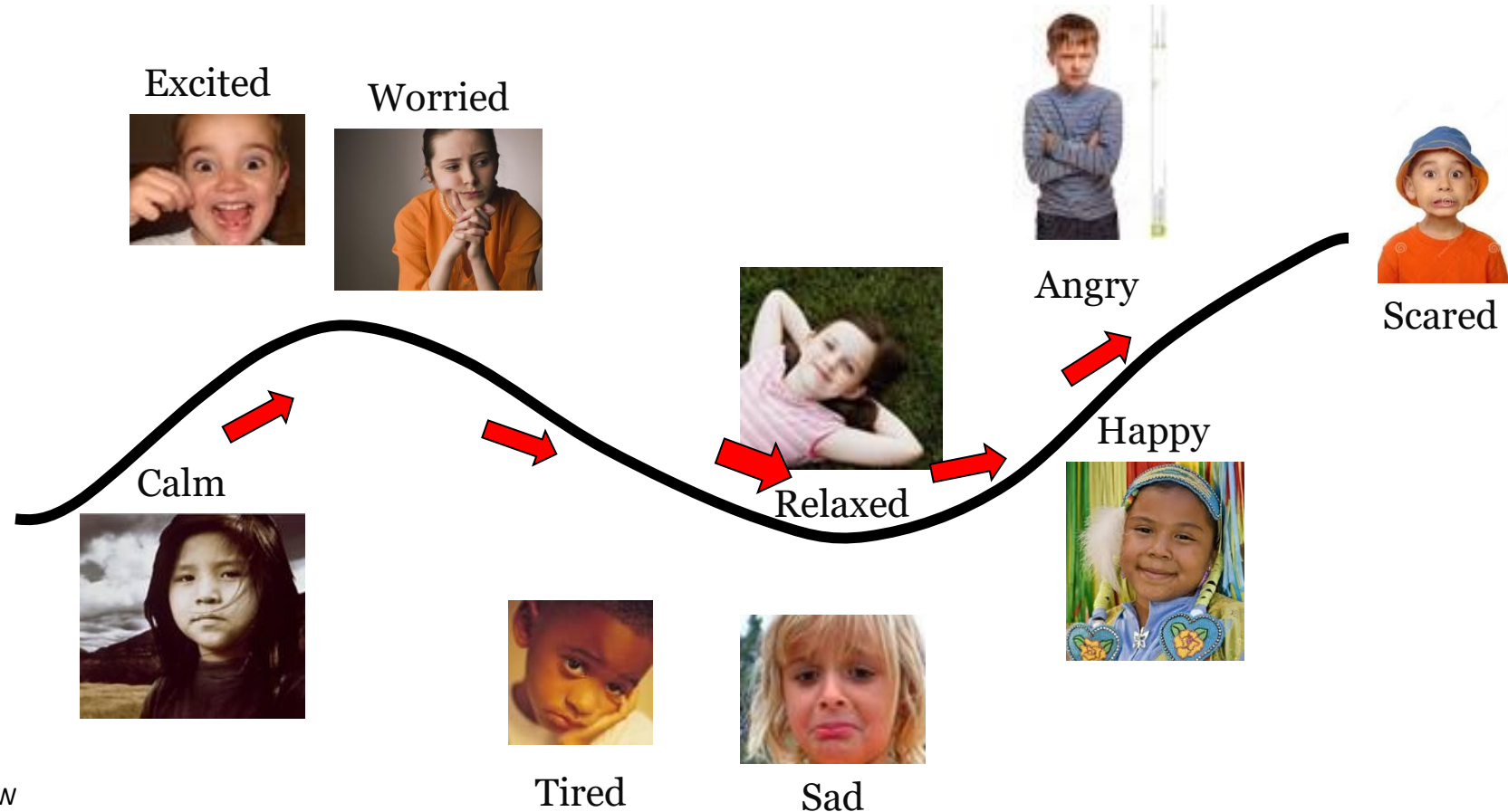
Stuck in Low Zone

Resilient
Zone

Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett/Adapted by Elaine Miller-Karas

Where in your zone do you find yourself today?

Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE



Biology vs. Mental Weakness



CRM focuses on the biology of the human nervous system

Reactions to stress and trauma are natural, built into our biology

Are universal biological reactions that occur in our nervous system

After learning the skills:

tracking sensations
resourcing to calm down
grounding to release my stress
just **pushing up against a wall.**
my ring for grounding
I touch the **fabric of my scrubs** to ground myself
just **being still** with myself and **noting sensations**
touching different surfaces and noticing the physical sensations.
...used nature and paying attention to **smells and sensations**
mindful of my body and surroundings

When did they use the skills

walking (out of work); at bedtime
..... during '**clinical stressful/scary**' situations with **patients.**
.....in the **midst of the chaos**
.....things become way to **hectic**
.....I am dealing with **family dynamics**
.....I feel myself **getting upset**if I'm **feeling anxious or unsettled.**
.....during **codes**, and when dealing with **dying patients**
..... after a **difficult shift** at work
.....after a **traumatic or distressing** experience
....during a **stressful day**
...**feeling overwhelmed..... tachycardia, heavy breathing, sweating**

CRM Activities

HELP NOW!

HELP NOW!
 RESET
 NOW!
 SKILL #5

HELP NOW!



- Drink a glass of water.
- Notice the temperature of the space you are in.
- Notice the sounds within the space.
- Count backward from 20 as you walk around the room.
- Touch the surface of something in nature.
- Push your hands or back against a wall.
- Name six colors you see.
- If you're inside, notice the furniture and touch the surface.
- Walk around and pay attention to the movement in your arms and legs and your feet making contact with the ground.
- Pay attention to anything that catches your eye.

Let's Practice!

We invite you to participate in some of the following exercises that feel comfortable to you. We will be sitting and standing for these exercises.

1. Walk

Feel the sensations in your body as it moves. Feel your feet pressing into the ground.



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

2. Push against a wall

Focus on the sensations of your muscles pushing.



3. Look for colors / shapes

Option 1: Name 6 or more colors you see.
Option 2: Name 6 or more shapes you see.
(Hint: You may repeat the same one if you see it in two places.)



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

4. Count backwards

Count backwards from 10 or 20 while walking around.

10, 9, 8,
7, 6, 5, 4, 3,
2, 1, 0.



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

5. Drink a beverage

Feel the sensations in your mouth, throat and stomach.



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

6. Touch objects

What do the textures feel like?



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

7. Temperature

Notice the temperatures on different parts of your body.



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

8. Listen for sounds

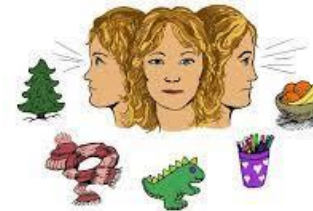
Name all the sounds you can hear around you.



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

9. Notice

Look at everything around you and notice which objects catch your attention; name them.



Help Now! Activities (from the Trauma Resource Institute)
The Art of Healing Trauma Blog

10. Open Eyes

If you have a tendency to close your eyes, open them gently; keep them relaxed and soft.



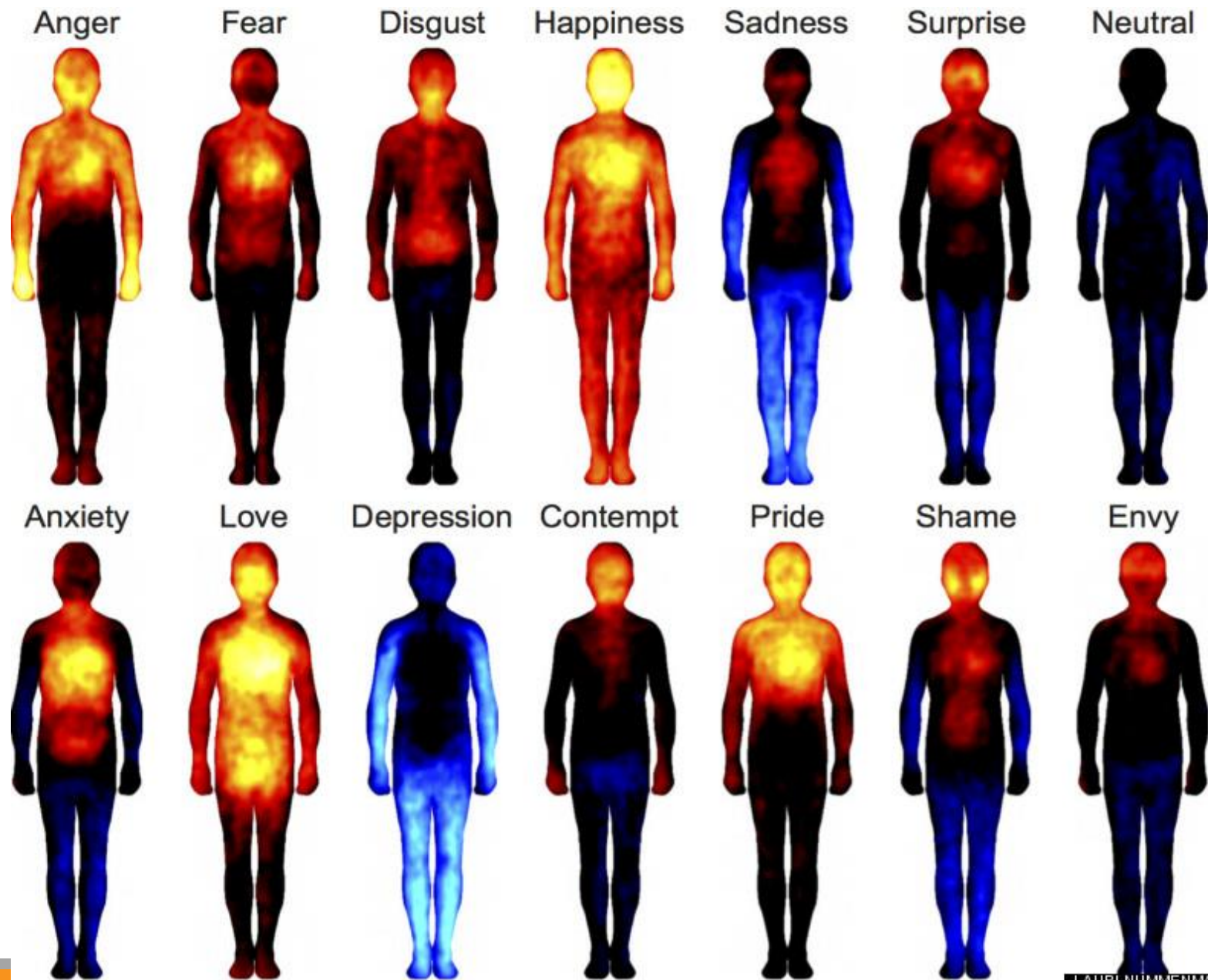
Help Now! Activities (from the Trauma Resource Institute)
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TRACKING



What is tracking?

TRACKING IS NOTICING OR PAYING ATTENTION TO SENSATIONS IN THE PRESENT MOMENT.



A sensation is a *physical experience* in the body.

Sensation originates in billions of receptors distributed in every part of the body.

Life experiences, including our thoughts and feelings, have a corresponding

Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen.

Learning Sensation Words

VIBRATION

SHAKING
TWITCHING
TREMBLING
FAST/SLOW

SIZE/POSITION

SMALL
MEDIUM
LARGE
UP/DOWN
CENTER

TEMPERATURE

COLD
HOT
WARM
NEUTRAL

PAIN

INTENSE
MEDIUM
MILD
THROBBING
STABBING

MUSCLES

TIGHT
LOOSE
CALM
RIGID

BREATHING

RAPID
DEEP
SHALLOW
LIGHT

HEART

FAST
SLOW
RHYTHMIC
FLUTTERS
JITTERY

TASTE

SPICY
SWEET
SOUR
JUICY
BLAND

DENSITY

ROUGH
SMOOTH
THICK
THIN

WEIGHT

HEAVY
LIGHT
FIRM
GENTLE

Tracking Exercise

We invite you to find an object to hold in your hand.

Choose anything from the space around you.

It can be food or a bottle of water

Use words from the sensation board to describe what is happening to your body at the present moment.

Let's begin!



RESOURCING

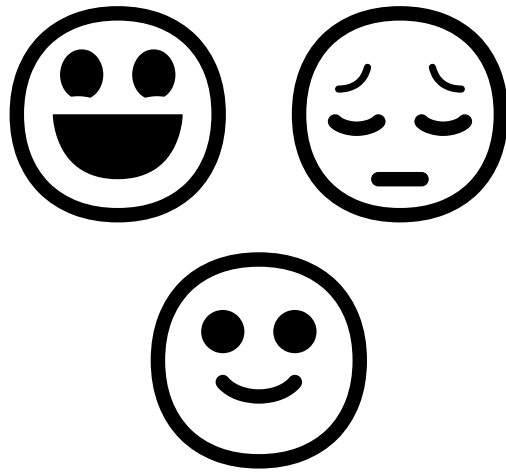


Resource

What is a resource?

A resource is any person, place, thing, memory, or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.

Resources Can Have Many Natures



Conversational CRM: Resiliency Questions

Crisis

- Can you tell me the moment you knew you had survived?
- Can you tell me the moment help arrived?
- Who or what is helping you the most now?



Loss

- Can you tell me some of your meaningful memories of them?
- What did you like to do together?
- What kind of words of encouragement would they say to you during difficult times?



Questionable

- Consider what is helpful about a questionable resource?



What, where, or
who is your
“happy place”?



Resourcing Exercise

Feel free to close your eyes during this exercise if this comfortable for you.

We invite you to think about the following:

1. What is something or someone that brings you peace in your life
2. Think of one resource that brings you pleasant sensations
3. Notice what is happening inside as you think about the resource and the pleasant or neutral sensations in your body

GROUNDING

Grounding

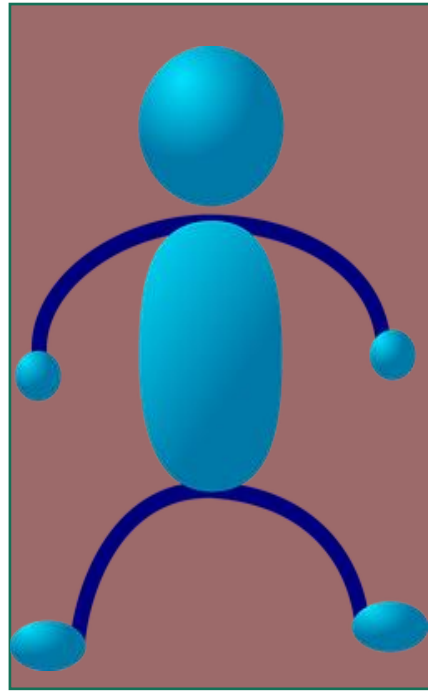
The direct contact of the body or part of the body with something that provides support in the present moment

- Gravitational security is the foundation upon which we build our interpersonal relationships.
- If our relationship to the earth is not safe, then all other relationships do not develop optimally.
- When we are grounded, we have a sense of self in relationship to present time and space.
- We are not worried about the past or the future.

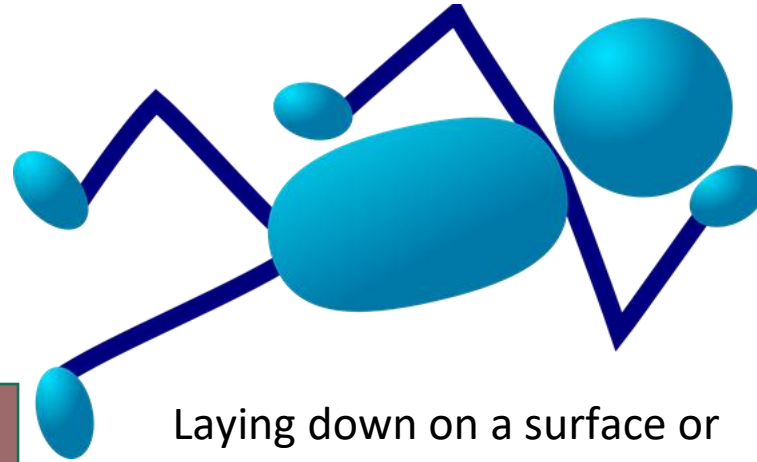
YOU CAN GROUND IN MANY POSITIONS



Walking and paying attention to steps



Standing against a wall



Laying down on a surface or floating in water



Sitting on a chair, sofa or ground



Through a part of your body like your hands or feet



- Some children and adults who have experienced physical and emotional trauma may have difficulty with the skill of “Grounding.”
- For some children and adults, “Grounding” can increase sensations connected to traumatic memory.

Grounding Exercise:
Feet, Seat and Back



Grounding Exercise

GESTURING + SPONTANEOUS MOVEMENTS

- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- The use of motions of the limbs or body as a means of expression. (Merriam Webster Dictionary)
- Movements and/or gestures that do not cause self-injury or self-harm.



Protective



Joyful



Powerful





Self-Calming



Release

Gesturing Exercise

We invite you to think about a gesture that soothe you and helps bring you back to your resilient zone.

If you are comfortable sharing, please share your gesture with someone next to you.

SHIFT AND STAY



SHIFTING FROM DISTRESS TO WELL BEING

You can shift by using one of your CRM Skills and follow the sensations of wellbeing and stay with them.





Post Traumatic Resiliency Common Reactions:

- Resilience
- Strength and Courage
- Renewed Relationships
- Gratitude
- Advocacy
- Appreciation of loved ones
- Forgiveness
- Hope & Faith
- Wisdom
- Compassion for self and others
- New Meanings

Scenarios

Scenario Questions - Group Discussion: 10 min

What is happening to the person in the scenario?

What are the factors (ACEs, traumas, or other stressors) contributing to them feeling that way?

Where in or around the resiliency zone is the person in the case study?

Which of the resiliency activities learned could help this person?

How do you introduce the person in this case to a CRM skill?

Role Play!

Scenario 1

Yesenia had a hard childhood: she never had enough to eat, and her father drank a lot. Ever since, she has always gotten sick—every time there is a flu, she catches it. Recently, she's been having a lot of pain in her back. One day, she tells her friend that she has been to the doctor, but the doctor says there's nothing physically wrong with her. Instead, he recommended that Yesenia go to therapy. Yesenia feels uncomfortable with this idea. She doesn't know anyone who has been to therapy, and she doesn't know how that would help the problem with her back.

Scenario 2

Andrea lost her parents to COVID at the beginning of the pandemic. She has three young children. They're all vaccinated, but she's still terrified that something could happen to them. Every time there's a flu going around, she worries about sending them to school, and she has started avoiding large family gatherings – which she used to love. Now she's worried because the holidays are coming up, and she knows the kids are going to want to spend time with their cousins.

Scenario 3

Juan used to be a farmworker, but he lost his job at the beginning of the COVID-19 pandemic. Since then, he has only been able to find work for a few weeks at a time. When he is working, Juan appears happy and energized. When he isn't, it's hard for him to get out of bed. He also has trouble sleeping and has terrible migraines. Juan's wife, Feliciano, is worried about her husband and wants him to return to his old self.

Closing: A Self Care Plan

- What are you doing to widen your Resilient Zone?
- If you found the CRM skills helpful, how could you weave the skills into your daily routine? Which skills would be the most helpful?
- What specifically do you need to do differently to embark on a better self-care plan if you think yours needs improvement?
- Write a statement of encouragement to yourself, strengthening your resolve to improve your self-care.



Final Activity:
**One word that summarizes your session
experience**



Thank You for Joining Us!

For questions, comments or concerns, please feel free contact us via email at:

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