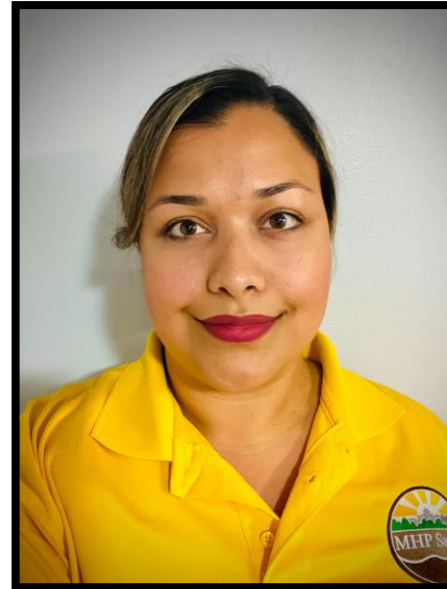




Community Health Workers Are Essential to Addressing MSAW Mental Health Needs Workshop



Presenters



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Who is 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 over 35 years.

MHP Salud promotes the CHW profession nationally as a culturally appropriate strategy to improve health through CHW programs that provide peer health education, increase access to health resources and bring community members closer.





Workshop Objectives

- 1. Share results from the 2021 National MSAW Mental Health Survey Completed by 73 Migrant Health Centers.**
- 2. Understand critical roles of Community Health Workers on a clinical care team working with MSAWs on mental health issues.**
- 3. Identify at least 3 tools available for Community Health Workers to work closely with MSAWs on self-care and mental health.**



Overview

**Introduction to Survey of Unique
Mental Health Needs of Migrant and
Seasonal Agricultural Workers**

What is Self Care?

CHWs and Self Care

Key Takeaways

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Mini Mindful Moment: *Take a moment and practice self care!*

Stretching Exercise:

Slowly raise your arms over your head and then move forward, bending at the waist, as your fingertips reach for your toes.

Take a breath and slowly move back to your standing position.



National Migrant Seasonal Agriculture Workers (MSAWs) Mental Health Survey Findings

The focus of this guide is to provide health center staff with important resources, information, and tools to address the unique mental health needs of their Migratory and Seasonal Agricultural Worker (MSAW) patients.

Purpose:

- **Address mental health inequities through additional resources, including culturally-informed resources.**
- **Provide tools/resources many health centers already utilize to address mental health disparities of MSAW patients.**
- **Explore the active role of Community Health Workers to bridge the gap between MSAWs and clinical care.**



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%)

The difference in reported mental health issues between women and men is notable and may be due to increased stigma among male MSAWs. Increased mental health stigma can result in male MSAWs being reluctant to receive care resulting in less representation.

Source: Guide to Migratory and Seasonal Agricultural Worker Mental Health Equity. Retrieved from: <https://mhpsalud.org/?a=download&key=78239e2b1ebbf33721752a2cefe243aa>



Risk Factors

MSAWs often experience *unique challenges* related to their living and working environments. These challenges – or risk factors – emerge from economic, educational, social, and environmental factors, known as social determinants of health, that negatively impact access to necessary resources.

MSAWs are still targets of poor work conditions, due to their vulnerability and socioeconomic status, such as:

- ❖ **Limited English language skills**
- ❖ **Limited formal schooling and/or low literacy levels**
- ❖ **Immigration status, such as temporarily working in US or recent immigration to US**
- ❖ **High socioeconomic need for job and wages**
- ❖ **Rural location of migrant camp/work**
- ❖ **Limited transportation options**



Risk Factors Cont.

Working under these conditions often has a negative impact on the mental health of MSAWs.

It is common for MSAWs to *live* under challenging circumstances that can also negatively impact their physical, mental, and emotional wellbeing including:

- ❖ Living in a rural or remote location (e.g., migrant camps, temporary housing)
- ❖ Migrating to the US without family (isolation)
- ❖ Trying to raise a family in migrant camps and/or while working in the fields



Barriers to Mental Health Care

Many MSAWs do not have access to regular, affordable health care. In fact, findings from the Department of Labor's 2015-2016 National Agricultural Workers Survey (NAWS) reported that only 47% of MSAWs report having any form of health insurance/coverage.

Other very common barriers to receiving mental health services include:

- **Concern of 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 on mental health services (68.9%)**



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%)



Interactive Activity:

In relation to the survey findings, do they correlate with what you've seen in your own communities?

- ❖ Please write your answer and post on the board



What is self-care?

Self-care is caring for oneself.

It may be difficult to simplify self-care but neglecting to do self-care activities can significantly impact the overall mental well-being of MSAWs. It is crucial that we offer appropriate self-care education to our communities.

What types of self-care exist?

The different types of self-care are:

- ❖ Physical self-care
- ❖ Psychological self-care
- ❖ Emotional self-care
- ❖ Spiritual self-care
- ❖ Relationship self-care
- ❖ Workplace self-care



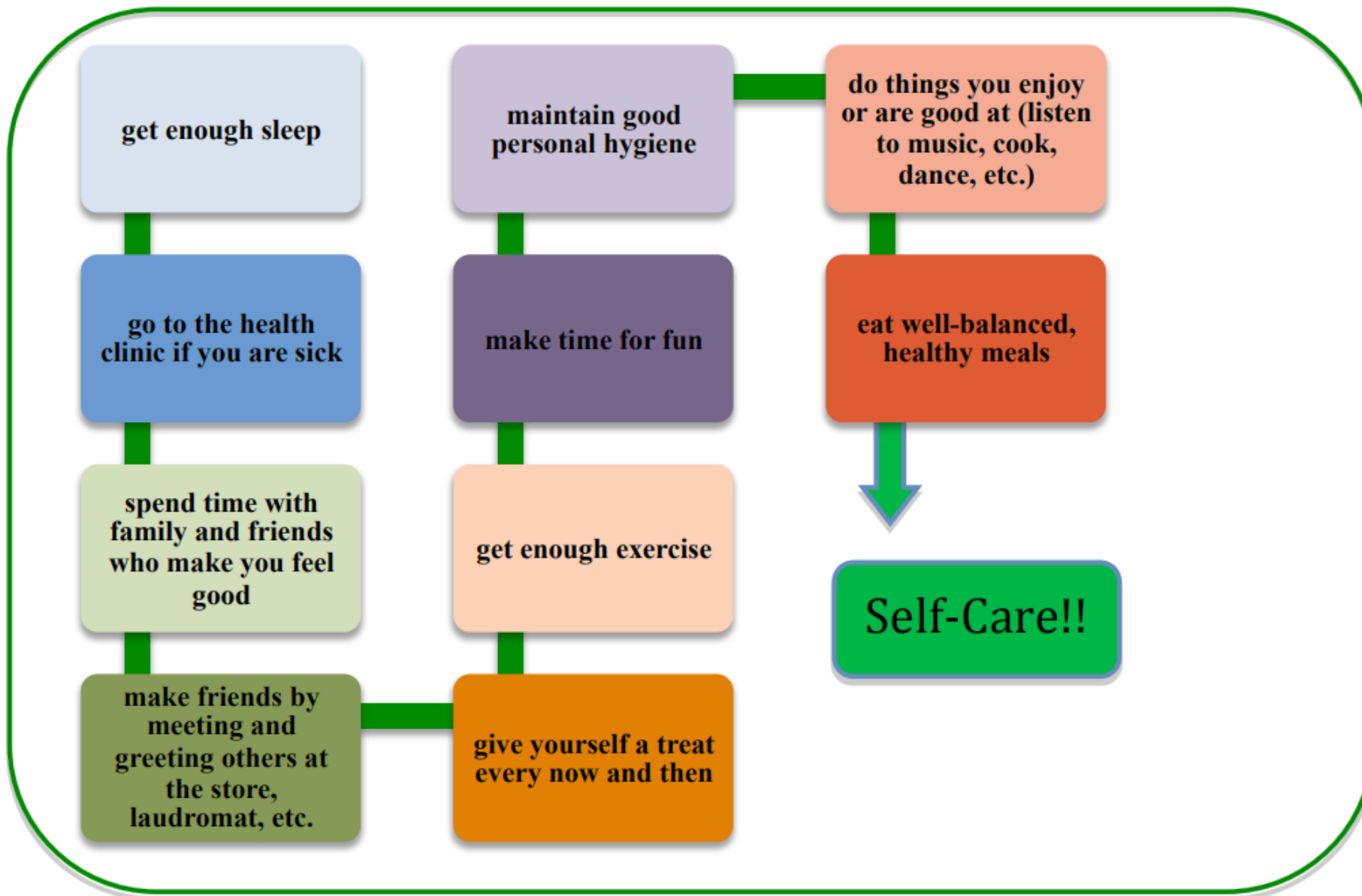
How can self-care look like to MSAWs?

Self-Assessment Tool Activity:

We will practice this activity as it can be used to gauge the self-care activities MSAWs in your community may already be using.



Starting the self-care discussion:



Self-care can include the following:

Physical self-care:

- Eating healthfully
- A simple walk
- Get restful sleep

Psychological self-care:

- Taking time for self-reflection and to set personal goals
- Writing in a journal
- Trying new things that interest you

Emotional self-care:

- Spend time with loved ones
- Praise yourself
- Allow yourself to cry/find things that make you laugh



Self-care Examples Cont.

Spiritual self-care:

- Spend time in nature
- Pray
- Sing

Relationship self-care:

- Schedule dates with your partner/children/loved ones/friend
- Ask for help when you need it
- Send holiday cards

Workplace/Professional self-care:

- Take a lunch break
- Take time to get to know coworkers
- Taking time off work to address personal needs





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 self-care and 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.

Group Activity:

- We have discussed self-care and the many different types of activities that can serve as self-care for MSAWs. We will now conduct an activity that can be used in group settings to better understand the effects of self-care in the mental well-being of MSAWs.
- **The activity consists of storyboards focusing on self-care activities.**
 - Please draw 4 activities that demonstrate what self-care can look like for themselves.
 - Pick a spoke person from your table to talk about the favorite activities from the table's storyboards.



What is burnout?

Burnout is the result of chronic workplace stress that has not been successfully managed (WHO, 2019).

The signs of burnout are divided into the following 3 areas:

❖ **Exhaustion:**

- Drained and emotionally exhausted, unable to cope. This can manifest into physical symptoms including things like pain and stomach problems.

❖ **Alienation from activities:**

- Finding their jobs increasingly stressful and frustrating. Individuals may increasingly distance themselves emotionally.

❖ **Reduced performance:**

- Very negative about their tasks. Individuals may find it hard to concentrate and lack creativity.



How can you help MSAWs deal with burnout effectively?

An activity that can prove useful is the **Emergency Self-Care Worksheet Activity**.

It can help MSAWs have a plan ready for when they need it.

It can be difficult to think of self-care while experiencing feelings of burnout and/or extreme stress. We will be participating in this activity to further demonstrate it's usefulness.



Key Takeaways

- Given the rising national interest and investment in CHWs, especially to deliver care on special topics like mental health among MSAWs, this is a crucial area for continued growth, development, and future resources.
- Self-care can take place in many different environments and the MSAW population can greatly benefit from learning the different ways they can incorporate these activities into their regular routines.
- Self-care activities do not need to any specific amount of time to be invested. The handouts provided can help CHWs guide a short self-care session with MSAWs. Additionally, we will be providing a pamphlet that you can distribute to your community to further help MSAW communities learn about self-care.





Thank You for Joining Us!

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

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