

**Women in the Time of COVID:
Health, Mental Health and the Power of Place**

City of Los Angeles

September 14, 2020

Michi Fu, Ph.D.

Agenda

Questions of All Panelists:

- 1) How has the work and services your organization provides changed, expanded or reduced in terms of helping Women since the Covid19 pandemic? What has become difficult and what if anything have the changes proven positive?
- 2) How have you seen the Mental Health and General Health of women impacted since the Covid19 pandemic began? And have you seen in your work any intersectionality as it relates to how we build our communities--- the power of place around us in addition to our biology?

Questions for Dr. Fu

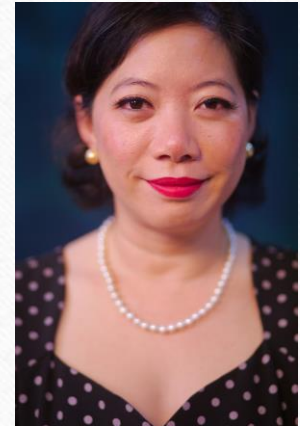
- 1) Given the uncertainty many people are already facing with the Covid19 pandemic, can you talk about the trends you have seen in your work with women who are essential workers and how their mental health is being impacted? Have you seen any specific trends across certain ethnic communities?
- 2) What are some of the best resources for someone who is experiencing mental health issues but does not have insurance that covers their health needs?

Question for all at end:

- 1) For people on the call who want to get involved with the work you are doing and help. What is the best way for people to do so?

Introduction

- Professor of Clinical Psychology at PhD Program
- Psychologist at Garfield Health Center
- Private Practice
- Consultant/Trainer/Workshop Facilitator
- Specialties in cross-cultural mental health, complex trauma and gender issues



Questions for All

1) How has the work and services your organization provides changed, expanded or reduced in terms of helping Women since the Covid19 pandemic?

- Social distancing → Telehealth
- Medicare – Televists
- Reducing barriers for receiving services

What has become difficult and what if anything have the changes proven positive?

- Crisis = danger + opportunity
- Learning opportunities
- Resilience opportunities

Questions for All – Part II

2) How have you seen the Mental Health and General Health of women impacted since the Covid19 pandemic began?

- Childcare, telecommuting, unemployment
- Testing boundaries of relationships (renegotiating resources)
- Multiple role management (domestic issues vs. work from home)
- Increased anxiety and depression (deaths of despair)
- Intimate partner violence
- Lack of access or right to bodily self-determination

And have you seen in your work any intersectionality as it relates to how we build our communities---the power of place around us in addition to our biology?

- Allocation of public resources (medical, educational, etc.)
- Governments to establish the baseline vs. private sector to adhere to their own comfort levels
- Be counted for census & Vote

Questions for Dr. Fu

1) Given the uncertainty many people are already facing with the Covid19 pandemic, can you talk about the trends you have seen in your work with women who are essential workers and how their mental health is being impacted?

- Extra burden of frontline workers (role of the helper)
- Compassion fatigue and Caregiver burnout
- Physician who died by suicide during the pandemic.

Have you seen any specific trends across certain ethnic communities?

- Latinx in front line employment w/o adequate PPE
- African Americans & BLM and mortality rates
- Asians extra level of vigilance re: impact of “Chinese virus” & “Kung Flu”
- Native American red tape re: accessing the federal funds
- Undocumented – ICE

Questions for Dr. Fu – Part II

What are some of the best resources for someone who is experiencing mental health issues but does not have insurance that covers their health needs?

Internal resources:

1. Understand Decision fatigue
2. Exercise Flexibility
3. Practice mindfulness/acceptance
4. Ask for help
5. Help others

External resources:

1. Family, friends and neighbors
2. Local (DMH), state (Medi-Cal) or federal resources (Medicare)
3. Nonprofit (Pacific Clinics or GHC)
4. Private resources (pro bono, faith-based)
5. 211 or apps

QUESTION FOR ALL AT END:

For people on the call who want to get involved with the work you are doing and help. What is the best way for people to do so?

How to weather COVID-19:

1. Familiarize yourself w/ local, state and federal resources
2. Normalizing reactions to events & Fostering inner resources (circle of influence)
3. Identify your own personal safety pods
4. Organize your own virtual communities (silent book reading)
5. Gift your resources to others (e.g., volunteer virtually or foster an animal)

Gracias!

Dr. Michi Fu

- Garfield Health Center
- Alliant International University
- Cal Poly Pomona

