Community Coalition
COVID & People’s Platform Findings

Prevention Network Launch
September 7, 2021

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Magaela Bethune, Ph.D.

A Part of the
The Alliance COVID Needs Assessment National Survey
Los Angeles County Community Surveys
Led by
The Community Coalition
and
Social Model Recovery Systems
People Experiencing Homelessness Survey
Dissemination of Findings Briefings: *Completed and Planned

Data Dissemination to Inform:
- Public Policy
- National Civil Rights Campaigns

*CAPAC
*CHC
*CBC
*NA
*WH/CDC

NUL: National Civil Rights Organizations
Media
*CDPH
*Philanthropy
A Pandemic for Some....A Syndemic for Us

Context and Culture Matter
Safetynet Is Needed

Community Is Healing Itself and Is Showing Us What Matters
Values Matter
Culture and Values Driven
– NOT EBP Driven

• Spirituality/Faith
• Love
• Community
• Responsibility

• Patience, hospitality, loyalty, respect, conviviality, sociability, tenacity and hard work, vitality, health, endurance, empathy, truth and honesty
Solidarity
Mutual helpfulness
Reciprocal Obligation, Self-Control, Harmony
Obligation,
Self-Control,
Harmony

Familismo
Solidarity
Mutual helpfulness
Reciprocal Obligation, Self-Control, Harmony
Obligation,
Self-Control,
Harmony

Social morality
Individual initiative and responsibility

Obedience and Respect
Justice, Gratefulness

Generosity, Peace
Patience

Family

Love, Kindness, Compassion
Cooperation

Pursuit of knowledge and wisdom and a willingness to learn

SPIRITUALITY

The Community Grounds Itself in Our Cultural Wisdom

Good character, conduct and behavior

Mutual helpfulness

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SPIRITUALITY
“Nit nitai garabam” (Woloff, Senegal)
“We are each others medicine.”
**the spirit of ubuntu**
Psychic Suffocation & TRAUMA

Pre-Covid

Post-Covid

In-Covid
COVID-19

LA County and South Los Angeles
National COVID Methods in Brief

Survey Sample Size: 24,944; HPS: 154,064; 3-8th Graders – 2.1
Data Collection Period: December 2020 through April 2021

The Association of Black Psychologists
N=2,480 adults; N=31 Key Informant Interviews
National mixed-methods sample
Surveys collected from February -March 2021
Key Informant interviews conducted from April 1-24, 2021

Asian American Psychological Association
N=4,998
N=3,736 adults (Asian American)
N= 1,262 adults (Native Hawaiian/Pacific Islander)
Translated into 9 languages & 4 Pacific Islander languages
National cross-sectional online survey
Surveys collected: January - April 2021

National Latinx Psychological Association
N=3,759
Latinx adults (N= 2,300), adult immigrants (N= 536) and youth 13-17 (N= 923)
National cross-sectional online survey
Survey translated into Spanish
Surveys collected from December 2020 - January - 2021

American Psychological Association
N= 154,064 elders across racial groups
(Black: N=60,458, Asian American N=32,939, and Latinx N=60,667)
Primary analysis of the Census Bureau's Household Pulse Survey (HPS)
HPS surveys collected April 2020 -February 2021

Indigenous Wellness Research Institute
N=8,549 adults
National cross-sectional online survey
Surveys collected from January 2021 - March 2021

Community Coalition
N=4,447
Los Angeles County cross-sectional online survey
Translated into Spanish
Surveys collected from December 2020 -April 2021

Social Model Recovery Services
N=711
Community-based in person surveys of people experiencing homelessness (PEH)
Surveys collected April 2021

Subject Matter Experts (SME)

Economics, Education, Public Health, Social Policy, Epidemiology, Health Policy, Polling

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CoCo Sample Demographics

### Age (N= 4,026)
- 18-29 (n= 912) - 23%
- 30-39 (n= 854) - 21%
- 40-44 (n= 467) - 12%
- 45-49 (n= 419) - 10%
- 50-64 (n= 1,162) - 29%
- 65+  (n= 212) - 5%

### Ethnicity (N= 4,100)
- Latinx (n= 2,249) - 55%
- Black/African American (n= 1,291) - 32%
- Other (n= 560) - 14%

### Citizenship (N=4,074)
- US Citizen - 77% (n= 3,128)
- Non-US Citizen - 11% (n= 488)
- Other/Decline - 12% (n= 458)

### Household Income (N= 3,713)
- < $25K (n= 1,392) - 38%
- $25,000-$34,999 (n= 493) - 13%
- $35,000-$74,999 (n= 956) - 26%
- >$75,000 (n= 872) - 23%

63% Female
36% Male
Demographics

Marital Status
(N= 4,076)

- Married/Domestic Partnership (n= 1,184)
- Not Married or Partnered (n= 2,262)

Sexual Orientation
(N= 4,074)

- Heterosexual/Straight (n= 3,511)
- Other (n= 437)

Education Level (N= 4,088)

- Bachelor’s or Higher (n= 1,500)
- Some College (n= 1,142)
- High School Diploma (n= 606)
- <High School (n= 840)

Geographic Residents

- 56% live in South LA (n= 2,252)
- 44% live outside of South LA (n= 1,801)

56% were from South LA
(Zip Codes 90001, 90002, 90003, 90007, 90008, 90011, 90016, 90018, 90037, 90043, 90044, 90047, 90059, 90061, 90062)
Employment: Before & During COVID

**Black/African American**
(N= 1,286)

- Prior to COVID: 74% Employed, 61% Employed
- During COVID: 11% Unemployed, 23% Unemployed
- Prior to COVID: 10% Student, 12% Student
- During COVID: 5% Other/Decline to Answer, 4% Other/Decline to Answer

**Latinx**
(N= 2,190)

- Prior to COVID: 67% Employed, 57% Employed
- During COVID: 17% Unemployed, 29% Unemployed
- Prior to COVID: 9% Student, 6% Student
- During COVID: 6% Other/Decline to Answer, 8% Other/Decline to Answer

**Other Race(s)**
(N= 552)

- Prior to COVID: 80% Employed, 67% Employed
- During COVID: 8% Unemployed, 20% Unemployed
- Prior to COVID: 6% Student, 5% Student
- During COVID: 6% Other/Decline to Answer, 8% Other/Decline to Answer
## Employment Change Since COVID

### “Are you an essential worker?”

<table>
<thead>
<tr>
<th></th>
<th>Black/African American (N= 1,212)</th>
<th>Latinx (N= 2,088)</th>
<th>Other (N= 507)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>30% (n= 361)</td>
<td>37% (n= 762)</td>
<td>28% (n= 140)</td>
</tr>
<tr>
<td>No</td>
<td>63% (n= 770)</td>
<td>52% (n= 1,096)</td>
<td>66% (n= 336)</td>
</tr>
<tr>
<td>Prefer not to answer</td>
<td>7% (n= 81)</td>
<td>11% (n= 230)</td>
<td>6% (n= 31)</td>
</tr>
</tbody>
</table>

### Employment Change

- **I lost my job**
  - Black/African American: 14% (n= 170)
  - Latinx: 14% (n= 296)
  - Other: 19% (n= 94)
  - No Change: 39% (n= 93)

- **I was furloughed**
  - Black/African American: 7% (n= 86)
  - Latinx: 8% (n= 171)
  - Other: 9% (n= 46)
  - No Change: 39% (n= 93)

- **Prefer not to answer**
  - Black/African American: 6% (n= 74)
  - Latinx: 10% (n= 218)
  - Other: 13% (n= 68)
  - No Change: 47% (n= 114)
“Since the pandemic, folks needed more help with...”

(N = 4,040)

- 36% Food (n= 1,469)
- 33% Health/Mental Health Services (n= 1,447)
- 30% Housing (n= 1,195)
- 30% Utilities (n= 1,167)
- 22% Internet/WiFi (n= 893)
- 16% Phone/Cellphone Bill (n= 633)
SLA vs LA County

“Since the pandemic, folks needed more help with...”

- **Food**: 45% vs 32%
- **Health/Mental Health Services**: 39% vs 39%
- **Housing**: 37% vs 25%
“What have been your greatest sources of stress from the COVID-19 outbreak?”

(N = 4,040)

47% Mental health concerns  
(n= 1,900)

45% Physical health concerns  
(n= 1,811)

44% Financial concerns  
(n= 1,766)

40% Impact on your family members  
(n= 1,615)

30% Impact on your community  
(n= 1,227)

29% Being stressed because others are not wearing their masks or social distancing  
(n= 1,168)

28% Impact on work  
(n= 1,142)

27% Housing: not being able to pay rent/mortgage  
(n= 1,093)

26% Social distancing or quarantined  
(n= 1,051)

20% Impact on your child  
(n= 823)
“What have been your greatest sources of stress from the COVID-19 outbreak?”

**SLA vs LA County**

- **Mental health concerns**: 53% vs 49%
- **Physical health concerns**: 51% vs 45%
- **Financial concerns**: 50% vs 44%
- **Housing: not being able to pay rent/mortgage**: 33% vs 24%
### Greatest Sources of Stress by Race

<table>
<thead>
<tr>
<th>Source of Stress</th>
<th>Black/African American (N= 1,139)</th>
<th>Latinx (N= 2,095)</th>
<th>Other (N= 486)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical health concerns</td>
<td>40% (n= 450)</td>
<td>55% (n= 1,149)</td>
<td>41% (n= 200)</td>
</tr>
<tr>
<td>Mental health concerns</td>
<td>46% (n= 524)</td>
<td>53% (n= 1,100)</td>
<td>54% (n= 264)</td>
</tr>
<tr>
<td>Financial concerns (running out of money, lack of savings, paying for medicine out of pocket)</td>
<td>40% (n= 456)</td>
<td>53% (n= 1,111)</td>
<td>38% (n= 186)</td>
</tr>
<tr>
<td>Impact on family members</td>
<td>39% (n= 441)</td>
<td>46% (n= 956)</td>
<td>43% (n= 208)</td>
</tr>
<tr>
<td>Impact on your community</td>
<td>33% (n= 373)</td>
<td>31% (n= 656)</td>
<td>39% (n= 190)</td>
</tr>
<tr>
<td>Being stressed because others are not wearing their masks or social distancing</td>
<td>33% (n= 378)</td>
<td>28% (n= 590)</td>
<td>40% (n= 192)</td>
</tr>
<tr>
<td>Impact on work (losing my job, reduced hours of work)</td>
<td>23% (n= 267)</td>
<td>33% (n= 700)</td>
<td>35% (n= 169)</td>
</tr>
<tr>
<td>Housing concerns (not being able to pay rent, mortgage)</td>
<td>19% (n= 221)</td>
<td>37% (n= 782)</td>
<td>17% (n= 83)</td>
</tr>
<tr>
<td>Social distancing or quarantined</td>
<td>28% (n= 320)</td>
<td>27% (n= 573)</td>
<td>32% (n= 153)</td>
</tr>
<tr>
<td>Impact on your child</td>
<td>19% (n= 220)</td>
<td>23% (n= 482)</td>
<td>24% (n= 118)</td>
</tr>
</tbody>
</table>
**COVID-19 Related Thoughts & Activities (N= 4,040)**

<table>
<thead>
<tr>
<th>Activities</th>
<th>Percentage</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>I thought about <em>past historically traumatic events</em> in our tribal history, my people’s history that are similar to the COVID-19 outbreak (e.g. past pandemics – small pox, TB, flu)</td>
<td>30% (n= 1,217)</td>
<td></td>
</tr>
<tr>
<td>My spirituality or spiritual practices has/have helped me through the stress caused by coronavirus</td>
<td>30% (n= 1,194)</td>
<td></td>
</tr>
<tr>
<td>I prayed for the spiritual support of Creator and/or of my ancestors to help us get through the COVID-19 outbreak.</td>
<td>27% (n= 1,103)</td>
<td></td>
</tr>
<tr>
<td>I worried about <em>historical traumas and stressors of our elders</em> during this COVID-19 outbreak.</td>
<td>26% (n= 1,057)</td>
<td></td>
</tr>
<tr>
<td>I had lots of <em>vivid dreams</em> that have disturbed my sleep.</td>
<td>25% (n= 1,019)</td>
<td></td>
</tr>
<tr>
<td>I used traditional medicine or sought traditional healing practices to help me cope with the stress of COVID-19 outbreak.</td>
<td>13% (n= 540)</td>
<td></td>
</tr>
<tr>
<td>I used alcohol or drugs to help me cope with the stress related to being triggered by historical trauma events.</td>
<td>12% (n= 497)</td>
<td></td>
</tr>
<tr>
<td>I smudged or cleaned myself spiritually to help me or my family through the stress caused by coronavirus.</td>
<td>9% (n= 368)</td>
<td></td>
</tr>
<tr>
<td>I reached out to elders, respected community members, or tribal health to help me cope with the stress caused by coronavirus.</td>
<td>8% (n= 336)</td>
<td></td>
</tr>
</tbody>
</table>
What have you done to **COPE** with your stress related to the COVID-19?

Top Strategies & Practices
(n=4,040)

- **74%**
  - Talking with friends and family (Relational ties)

- **42%**
  - Listening to music (Healing power of music, song, dance)

- **36%**
  - Exercise (running, walking, sports, dance, yoga, biking)

- **30%**
  - Hobbies and indoor activities

- **22%**
  - Increased television watching or other “screen time” activities (video games, social media)

- **19%**
  - Searching the internet or TV more frequently for information

- **27%**
  - Eating more often, including snacking (Comfort eating)

- Religious or spiritual practices (24%)

- Being outdoors (24%) (using local park, exercising, doing sports)
People’s Platform Questions
Contracting COVID-19 and Incarceration  
(n=3,358)

82% of reported contracting COVID-19 or knew someone who did  
(n= 2,750)

Out of those who contracted COVID-19, 4% were incarcerated at the time  
(n= 110)

57% South LA residents  
43% Non-South LA residents

- Black/AA, 32%
- Latinx, 55%
- Other, 13%
Participants who reported being stopped by law enforcement due to a traffic violation were...

(n=3,824 of the 4,447)

YES: n= 785 (22%)
Participants who reported being **racially profiled** by law enforcement were...

Yes: n = 662 (20%)

- 15% Other
- 51% Black/AA
- 34% Latinx

- 42% Non-South Los Angeles Residents
- 58% South Los Angeles Residents
Participants who reported being harassed by law enforcement were...

- 17% Other
- 48% Black/AA
- 35% Latinx

n=544 (16%)

Non-South Los Angeles Residents: 38%
South Los Angeles Residents: 62%
Perceptions of City/County Government: *Police Accountability*

“Do you believe the city/county government should... *decertify police w/ patterns of misconduct?*”

(N= 3,163)

84% Strongly Agree/
Agree  
(n= 2,655)

13% Neutral  
(n= 403)

3% Disagree/
Strongly Disagree  
(n= 95)

“Do you believe the city/county government should... *hold law enforcement accountable for misconduct?*”

(N= 3,188)

84% Strongly Agree/
Agree  
(n= 2,655)

12% Neutral  
(n= 384)

4% Disagree/
Strongly Disagree  
(n= 139)
Perceptions of City/County Government: **Pre-trial and Diversion**

Do you believe the city/county government should...

- **offer people with mental health and substance use conditions entry into community-based treatment programs**
  - Strongly Agree/Agree (n= 2,505): 80%
  - Neutral (n= 528): 17%
  - Disagree/Strongly Disagree (n= 87): 3%

- **adopt alternative models to address traffic violations (i.e. broken taillight, improper turn, license offense) that do not rely on armed law enforcement**
  - Strongly Agree/Agree (n= 2,298): 75%
  - Neutral (n= 657): 21%
  - Disagree/Strongly Disagree (n= 126): 4%
Perceptions of City/County Government: **Traffic/Pretext stops**

Do you believe the city/county government should...

- **Put an end to pretext stops** (this involves a police officer stopping a driver for a minor traffic violation to investigate a separate and unrelated offense)
  - Strongly Agree/Agree (n= 2,271)
  - Neutral (n= 638)
  - Disagree/Strongly Disagree (n= 160)
  - 74% 21% 5%

- **Invest public dollars into reentry programs for people being released from incarceration** (i.e. healing centers, one-stop shops)
  - Strongly Agree/Agree (n= 2,324)
  - Neutral (n= 633)
  - Disagree/Strongly Disagree (n= 240)
  - 73% 20% 7%
Perceptions of City/County Government: *Traffic/Pretext stops*

*Do you believe the city/county government should...*

- **Expand pre-trial diversion by working with community-based organizations and service providers**
  - Strongly Agree/Agree (n= 2,072): 67%
  - Neutral (n= 928): 30%
  - Disagree/Strongly Disagree (n= 118): 4%

- **Introduce a strength-based assessment that addresses the needs of people arrested**
  - Strongly Agree/Agree (n= 2,067): 67%
  - Neutral (n= 936): 30%
  - Disagree/Strongly Disagree (n= 91): 3%
Perceptions of City/County Government

Do you believe the city/county government should...

- (63%) take funding away from law enforcement and invest in community-based programs (i.e. enrichment programs for youth, sports, healing circles)
- (63%) end money bail practices in the courts

With less enthusiasm......

- (33%) Eliminate the gang database
THE BUILT ENVIRONMENT: Perspectives on City/County Government:

The city/county should...

- **91%**
  - Strongly Agree/Agree (n=2,963)
  - Invest in developing greener spaces (i.e. parks)

- **88%**
  - Strongly Agree/Agree (n=2,726)
  - Invest in renovating vacant lots to be transformed into community-friendly spaces

- **73%**
  - Strongly Agree/Agree (n=2,284)
  - Remove nuisance sites that foster crime and addiction (i.e. liquor stores, tobacco shops, unlicensed marijuana dispensaries)

- **73%**
  - Strongly Agree/Agree (n=2,293)
  - Develop a hotline or reporting system where complaints about trifecta businesses can be filed (trifecta = co-location of liquor stores, tobacco shops, unlicensed marijuana dispensaries)
The built environment: Perspectives on City/County Government:

71% Strongly Agree/Agree (n= 2,204)
- Repurpose school yards to become open green spaces for the community

66% Strongly Agree/Agree (n= 2,106)
- Regulate/closely monitor other businesses such as motels, pawn shops, recycling centers that also facilitate crime

51% Strongly Agree/Agree (n= 1,588)
- Facilitate the process and costs for businesses to obtain alcohol permits (restaurants, liquor stores, grocery stores, pharmacies, night clubs etc.)
Education: What about the children?

To what extent have your children...

A lot

Grades have been impacted due to online learning (N=1,071)

28% (n=296)

Fallen behind on coursework and/or lost prior educational gains (N=1,076)

26% (n=274)

Mental health needs or social emotional stress (N=1,048)

25% (n=263)

Unclear direction on virtual learning (N=1,052)

22% (n=238)

Lack of access to school teachers and administration (N=1,054)

18% (n=184)

Lack of access to technology (i.e. laptops, chromebooks) (N=1,056)

16% (n=169)
# Experiences of Online Learning

<table>
<thead>
<tr>
<th>To what extent have your children experienced..</th>
<th>A lot/Some (South LA)</th>
<th>A lot/Some (Remainder of LA County)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inconsistent and unreliable Wi-Fi</td>
<td>62% (n= 404)</td>
<td>55% (n= 239)</td>
</tr>
<tr>
<td>Grades have been impacted due to on-line learning</td>
<td>62% (n= 404)</td>
<td>55% (n= 239)</td>
</tr>
<tr>
<td>Lack of access to technology (i.e. laptops, chrome books) (N= 1,056)</td>
<td>61% (n= 235)</td>
<td>38% (n= 146)</td>
</tr>
<tr>
<td>Fallen behind on coursework and/or lost prior educational gains (N= 1,076)</td>
<td>52% (n= 332)</td>
<td>49% (n= 217)</td>
</tr>
<tr>
<td>Mental health needs or social emotional stress (N= 1,048)</td>
<td>52% (n= 322)</td>
<td>54% (n= 223)</td>
</tr>
<tr>
<td>Unclear direction on virtual learning (N= 1,052)</td>
<td>51% (n= 319)</td>
<td>46% (n= 188)</td>
</tr>
<tr>
<td>Lack of access to school teachers and administration (N= 1,054)</td>
<td>41% (n= 253)</td>
<td>39% (n= 159)</td>
</tr>
</tbody>
</table>
## Parent/Guardian Concern about Schools

<table>
<thead>
<tr>
<th>To what extent are you concerned about...</th>
<th>Very Concerned/Concerned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government investments in the future of young children (N= 2,891)</td>
<td>85% (n = 2,451)</td>
</tr>
<tr>
<td>Negative coping among youth (i.e. substance use) (N=2,932)</td>
<td>81% (n = 2,370)</td>
</tr>
<tr>
<td>Safety of your child walking to and from school (N= 2,869)</td>
<td>80% (n= 2282)</td>
</tr>
<tr>
<td>College and career guidance and opportunities (N=2,943)</td>
<td>80% (n=2,339)</td>
</tr>
<tr>
<td>Safety measures taken by essential childcare workers (N =2,906)</td>
<td>79% (n = 2,285)</td>
</tr>
<tr>
<td>Access and availability to quality and affordable childcare (N=2,915)</td>
<td>79% (n = 2,303)</td>
</tr>
<tr>
<td>Our schools teaching relatable/relevant content (N= 3,077)</td>
<td>78% (n = 2,416)</td>
</tr>
<tr>
<td>Social and emotional resources and supports (N=2,958)</td>
<td>78% (n = 2,292)</td>
</tr>
<tr>
<td>The readiness of young children to enter kindergarten (N= 2,886)</td>
<td>75% (n = 2,175)</td>
</tr>
<tr>
<td><strong>Student-teacher relationships (N= 2,982)</strong></td>
<td>72% (n = 2,138)</td>
</tr>
<tr>
<td><strong>Student-student relationship (N=2,974)</strong></td>
<td>71% (n = 2,109)</td>
</tr>
<tr>
<td><strong>Parent-teacher relationship (N=2,958)</strong></td>
<td>69% (n = 2,025)</td>
</tr>
</tbody>
</table>
## Perceptions Related to Schools Districts

<table>
<thead>
<tr>
<th>School districts should...</th>
<th>Strongly Agree/Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Invest in schools with students of highest need (N= 2,921)</td>
<td>90% (n= 2,627)</td>
</tr>
<tr>
<td>Provide students/ parent guardians access to counseling (N= 2,897)</td>
<td>90% (n= 2,599)</td>
</tr>
<tr>
<td>Provide individualized academic/tutoring support (N= 2,874)</td>
<td>90% (n= 2,587)</td>
</tr>
<tr>
<td>Partner with community-based organizations to be of support to students in their academics (N= 2,905)</td>
<td>89% (n= 2,577)</td>
</tr>
<tr>
<td>Become more accessible to parents/ guardians (N= 2,914)</td>
<td>88% (n=2,549)</td>
</tr>
<tr>
<td>Provide support to parents/guardians (financial, technical assistance, distance learning support, etc.) (N = 3,005)</td>
<td>87% (n= 2,622)</td>
</tr>
<tr>
<td>Provide translation and make materials more accessible (N= 2,938)</td>
<td>87% (n= 2,568)</td>
</tr>
</tbody>
</table>
Wellbeing of Black and Latinx Mothers During COVID-19

Sample size: 350 parents
Survey administered in English and Spanish

Gender
- Female: 76%
- Male: 24%

Marital Status
- Married: 60%
- Single: 26%
- Divorced/Separated: 14%

Documentation Status
- U.S. citizen: 62%
- Resident: 19%
- Decline to answer: 19%

Number of Children in Household
- one: 36%
- two: 34%
- three or +: 18%

Race
- Black/African American: 70%
- Latinx: 22%
- Other: 9%

Education
- High school or less: 53%
- Some College: 15%
- Four-year college grad: 19%
- Some grad ed and +: 13%

Household Income
- less than $25,000: 48%
- $25,000 - $49,999: 21%
- $50,000 - $74,999: 12%
- $75,000 and above: 19%

Employment Characteristics
- Essential workers – 29%
- Remote work allowed – 30%
- Flexible work hours – 44%
- Average work experience – 24 yrs.
Changes from pre-COVID to during COVID

- Increased food insecurity only for mothers
- Increased welfare use (CAL Fresh most used) for both
  - 36% received help (from friends, community org or other) to sign up for benefits
- Overall higher reliance on welfare programs for mothers even before COVID
Mental Health: Anxiety and Depression

**Mental Health**

*In the last 7 days*

- **Mothers**
  - 28% felt nervous, anxious or on edge*
  - 26% was not able to stop worrying*
  - 22% had little interest in doing things*
  - 19% felt down, depressed or hopeless*

- **Fathers**
  - 20% felt nervous, anxious or on edge*
  - 17% was not able to stop worrying*
  - 12% had little interest in doing things*
  - 9% felt down, depressed or hopeless*

*More than half of the days or nearly every day in the last 7 days

25% have symptoms of anxiety disorder

18% have symptoms of depressive disorder

**Mental Wellbeing Gap**

- 6 percentage points

- 7 percentage points

19% have symptoms of anxiety disorder

11% have symptoms of depressive disorder

Estimates of mental health based on 2019 NHIS show that 8% of adults had symptoms of anxiety disorder and 6.6% had symptoms of depressive disorder

1Based on a composite score of the modified version of the two-item Generalized Anxiety Disorder (GAD-2), following CDC guidelines

2Based on a composite score of the modified version of the two-item Patient Health Questionnaire (PHQ-9), following CDC guidelines
Coping Mechanisms to Deal with Stress

**Positive Coping Mechanisms***

- Talking to my mental health professional: 10% (Fathers) vs. 22% (Mothers)
- Talking to my healthcare providers more frequently: 17% (Fathers) vs. 19% (Mothers)
- Exercise (running, walking, sports, dance, yoga, biking): 43% (Fathers) vs. 39% (Mothers)
- Listening to music: 46% (Fathers) vs. 55% (Mothers)
- Talking with friends and family: 74% (Fathers) vs. 84% (Mothers)

**Negative Coping Mechanisms**

- Using more marijuana (vaping, smoking, eating) than usual: 5% (Fathers) vs. 4% (Mothers)
- Using more tobacco (smoking, vaping) than usual: 4% (Fathers) vs. 3% (Mothers)
- Drinking more alcohol than usual: 8% (Fathers) vs. 20% (Mothers)
- Eating more (including snacking): 29% (Fathers) vs. 35% (Mothers)

*Note: Selected options among 18 to the question: *What have you done to cope with your stress related to the COVID-19 outbreak?*
Some Additional Takeaways

• Parents struggled with job losses – transitions noted from full-time to part-time or unemployment and reduced hours for both parents

• Food insecurity increased, from 17% before COVID-19 to 21% during COVID-19. The most cited reason was “not being able to afford food”

• Mental health has taken a toll – a fifth of mothers reported “feeling nervous” or “non-stop worrying” more than half days or nearly everyday

• Physical health might be deteriorating – a third of respondents have delayed medical care

• Domestic violence – 7% of the respondents reported experiencing controlling behaviors from a partner and 8% reported emotional abuse

• For mothers, time spent on household chores, online education support, and childcare has increased significantly during COVID-19
Mothers are spending significantly more time on unpaid work at home compared to fathers.

**Pre-COVID**
- Fathers: Childcare 21 hours, Housework 13 hours
- Mothers: Childcare 35 hours, Housework 19 hours
  - Additional 20 hours compared to fathers

**During COVID**
- Fathers: Childcare 33 hours, Housework 16 hours
- Mothers: Childcare 66 hours, Housework 34 hours
  - Additional 51 hours compared to fathers

Mothers are spending significantly more time on unpaid work at home.
Mothers are struggling to maintain job security and optimal mental and physical health

- Mothers reported higher levels of depression (18%) and anxiety (25%) compared to those of fathers (11% and 20%, respectively).
- Mothers reported worse physical health (33%) compared to fathers (31%)
- Parents overall struggled with employment instability
  - Fathers lost full-time jobs at a higher rate, some transitioned into part-time jobs
  - Mothers transitioned mostly to unemployment. Those remaining employed struggled to balance chores and paid work. This impacted their physical and mental well-being
- Before and during COVID-19, mothers spend more time on unpaid activities (i.e., housework, childcare and supervising online learning). This will widen existing gender gaps in employment, income and mental health
United Coalition East (UCEPP)
People Experiencing Homelessness

Findings

A core set of survey items were included in each Alliance organization’s national survey tool.

These items were also collected as part of Los Angeles County Community Surveys by UCEPP: Social Model Recovery Systems.
People Experience Homelessness in Los Angeles (N=711)

Demographic Profile

**LA NEIGHBORHOOD**
- Skid Row, 83%
- Boyle Heights, 12%
- Other, 3%

**ETHNICITY**
- Black/African American: 47%
- Latinx: 24%
- White: 8%
- American Indian/Alaskan Native: 4%
- Bi/Multi Racial: 5%
- Other: 12%

**AGE**
- 18-24: 29%
- 25-44: 59%
- 45-64: 11%
- 65+: 1%

**EDUCATION LEVEL**
- < 9th: 14%
- Some HS: 19%
- HS: 21%
- Tech/Trade/VocSchl: 14%
- Some College+: 32%

**MARITAL STATUS**
- Single/Separated: 71%
- Divorced: 11%
- Widowed: 6%
- Married/Domestic Partnership: 12%

**NUMBER OF PEOPLE IN HOUSEHOLD**
- 1-3 Children: 13%
- 1-2 Adults: 70%
- 1-3 Seniors: 13%

- 0 Children: 86%
- 1.6%: 3-6 children
- 0 Adults: 26%
- 0 Seniors: 87%

**SEXUAL ORIENTATION**
- Heterosexual/Straight: 76%
- Gay: 3%
- Lesbian: 1%
- Bisexual: 5%
- Pansexual: 1%
- Queer: 1%
- Questioning: 1%
- Asexual: 1%
- Other: 9%
- Prefer Not To Answer: 9%

**GENDER IDENTITY**
- Male: 70%
- Female: 27%
- Other: 3%
  - Non-Binary/Gender Fluid: 1%
  - transgender: 1%
  - unspecified: 1%
People Experiencing Homelessness in Los Angeles (N=711)
Wellness Impacts Resulting from the COVID-19 Pandemic

Top Sources of Stress

- #4 Housing 40%
- #3 Physical Health 46%
- #2 Financial Concerns 46%
- #1 Mental Health 48%

Other Stressors:
About 1 in 4 were stressed about:
- 27% Access to Food
- 25% Impact on Community
- 24% Transportation
- 22% Social Distancing/Quarantining

Other Pandemic Stressors:
- 19% Impact on Work & Family
- 18% Access to Personal Care Products or PPE
- 18% Access to Medical/Mental Health Care

Top Frequent Thoughts/Feelings

- 31% Had thoughts of historically traumatic events similar to the COVID-19 Pandemic
- 30% Felt alone, isolated, or had fears/worries of dying alone
- 20% Had thoughts of historical traumas and stressors of our elders

Top Frequent Activities

- Over 1 in 3 Spirituality and spiritual practices helped me through the pandemic stress
- Over 1 in 4 Used alcohol or drugs to cope with pandemic stress
- Over 1 in 4 Prayed for spiritual support to help get us through the pandemic
- 1 in 4 Had vivid dreams that disturbed my sleep

Top Coping Strategies

- 54% talked to family and friends
- 34% listened to music
- 26% engaged in exercise
- 24% used religious or spiritual practices (praying, reading religious texts)

- 24% talked to their healthcare provider more frequently
- 23% talked to a mental healthcare professional
- 24% eating more often (including snacking)
- 23% sleeping, napping, lying down more often

Used More Substances:
- 18% tobacco, 17% alcohol,
- 15% marijuana, 12% illicit drugs (i.e., meth, heroin, cocaine)
People Experiencing Homelessness in Los Angeles (N=711)
Emotional Distress From the COVID-19 Pandemic

Current Levels of Nervousness and Stress

- NEARLY 1 IN 2 (47%) HAD HIGH/VERY HIGH LEVELS OF NERVOUSNESS AND STRESS FROM THE COVID-19 PANDEMIC
- 1 IN 4 HAD MODERATE LEVELS OF NERVOUSNESS AND STRESS
Our Subject Matter Experts

Findings from all subject matter experts will be shared in the April Final Report

Darrell Gaskin, Ph.D., M.S.
Public Health

Did Where You Received Care Matter?
This study will examine the association between COVID-19 health care outcomes and place.

Darrick Hamilton, Ph.D.
Economics


Ninez Ponce, Ph.D.
Health Policy

Exposing the Toll of COVID-19 on “Hidden” Populations and Recommendations for Data and Policy Action

Stella Yi, Ph.D., MPH
Epidemiology

COVID-19 business closures - simulating how changes to the food retail environment may have impacted dietary behaviors using agent-based modeling

Cornell Belcher
Polling

COVID-19 and vaccine poll (African American, Pilipino, Vietnamese, and Latinx adults)

Elia De La Cruz, Ph.D.
Social Policy

Exposing the Toll of COVID-19 on “Hidden” Populations and Recommendations for Data and Policy Action

Valentina Duque, Ph.D.

*Did Where You Received Care Matter?
This study will examine the association between COVID-19 health care outcomes and place.

Megan Kuhfeld
Education

*COVID impact on academic achievement

*Study of Mental Wellbeing and Gender Wage Gaps for Black and Latinx Women During Covid-19
Goal: to determine employment outcomes, hours spent in unpaid housework and childcare tasks, the gender gap, and mental health wellbeing
Subject Matter Experts
Headlines
Headlines

Darrick Hamilton, Ph.D. * Economics
(1) Racial disparity persists or worsens with higher levels of education
(2) Black women, Latinx women, and Latinx men are crowded into "essential work" (occupational crowding)
(3) Crowding index is highest for Black women, (80% more) followed by Latinx women
(4) Income is an inadequate indicator
(5) Wealth is the economic indicator in which White and communities of color are most disparate.

Megan Kuhfeld, Ph.D. * Education
(1) Approximately 1 in 4 students who tested last year were missing in the Fall 2020 data.
(2) A higher % of missing test takers were Black or Latinx and attended schools serving a higher proportion of students living in poverty.
(3) Math and reading test scores from 2.1 million students of color in grades 3 to 8 show math achievement significantly impacted in Fall 2020.
(4) Male students of color and students of color attending high-poverty schools least likely to achieve typical learning gains during the pandemic.

Cornell Belcher * Polling
(1) The issue: vaccine access not vaccine hesitancy.
(2) Moms (41% Latina and 38% Black) and women 18-49 (38% Latina and 32% Black) least confident of COVID vaccine safety.
(3) Black, Latinx, and Asian American, Pacific Island population vaccine skeptics much more likely to have consumed negative or no info about the vaccine.
(4) Perceptions of the vaccine's safety better predictor of people's intent to vaccinate than perceptions of the vaccine's effectiveness.
(5) Across racial groups, shared concern about the quality of healthcare available to COC — may impact vaccine hesitancy.

Ninez Ponce, Ph.D. * Epidemiology (CA based)
(1) In many public facing data systems, the NHPI category is not reported, or aggregated in an "other race" category, or are aggregated with the Asian group.
(2) Currently, only 21 states report on Covid-19 statistics for NHPIs. Of the states reporting, the NHPI population is often ranked 1 or 2 in the COVID-19 case rates and death rates among racial/ethnic groups.

Stella Yi, MPH Ph.D. * Epidemiology
(1) As of April 21, 2021, racial/ethnic group was missing for 39% of COVID cases and 17% of deaths in national data being used to drive policy and decision making.
(2) Across NYC neighborhoods, Asian restaurants, food retail stores, and produce vendors had higher closures and slower re-opening rates than non-Asian restaurants and compared to higher- and lower-resourced neighborhoods in the Manhattan and Brooklyn boroughs.
(3) Due to food outlet closures there would be a 20% reduction in fruit and vegetable consumption due to the COVID-19 pandemic in the sampled New York neighborhoods.
Final Thoughts......for your consideration

Healing comes in many forms, shapes, and sizes
3 Change Process $\rightarrow$ Positive Wellness

Harrell’s (2015)

Communal Processes
(change mechanism = relatedness)

Contemplative Processes
(change mechanism = awareness)

Empowerment Processes
(change mechanism = agency)
If the community designs it, it will look different!

Healing spaces to support the community with tangible supports (altruism) preserving the dignity of its people.

e.g.: Hot and Cool Café – Leimert Park
“The elephant never tires of carrying its own tusks.”

- Vai proverb

“This woman I did not even know and who did not even know me, she took the time to do this good thing. And I learned from that. I learned what we should be like with each other.”

- Diane

Skidrow Participant: Dr. Jacqueline Mattis’ A Framework for Affirming Kindness Among Black Youth and Adults in Urban Spaces Project
Major Themes: Cultural & Community-Affirming Strategies

<table>
<thead>
<tr>
<th>Principles, Values &amp; Beliefs</th>
<th>Practices and Traditions</th>
<th>Education &amp; Skills App.</th>
<th>Program Environment &amp; Culture</th>
<th>Primary PYD Themes (n=program touchpoints)</th>
<th>Primary Youth Service Activities (examples)</th>
</tr>
</thead>
</table>

Other examples:
- Arts, Youth Celebrations, Cultural Celebrations, Political Actions, Memorials, Food, Field Trips, Dress, Sports, Movement Building

Program and Community Defined Programs

35 CRDP Phase 2 Pilot Projects Implementing Community Defined Practices Across 5 Priority Populations

- Cultural practices & celebrations
- Systems navigation
- Support groups/talking circles/platicas
- Gardening, harvesting, land
- Cross-site & Local Evaluation of Effectiveness
- Workforce development
Create community spaces for healing and promotion of relational needs; healing circles, cultural rituals/values/practices
1. Restore individual and collective well-being
2. Take a communal and collective orientation to individual and collective well-being.
3. Ultimately, build awareness, consciousness, and actions that address the social conditions that threaten social emotional health in the first place.
Create spaces for “being” in community (healing, building resilience) and “doing” community (community agency)

“If you want to go quickly, go alone. If you want to go far, go together.” -- African proverb
The Work Ahead....Decolonize Mental Health...
A Fortress of Structural Racism
Out of many...We are one...Let’s go far together
Questions?