

COVID-19 AND LATINX FAMILIES

RESEARCH FINDINGS FROM THE HIJOS PROJECT
UNIVERSITY OF ARIZONA

The Hijos project is a research study aimed at understanding the experiences of Latinx parents and youth in our Tucson community during the COVID-19 pandemic. Families were recruited to our study in collaboration with Tucson local organizations and school districts. Our findings are based on 225 Latinx parents and youth (ages 11 to 15 years old) who were served from August 2020 to March 2021.

COVID-19 AND FAMILY MEMBERS

2 in 5 families had a family member who had COVID-19



1 in 8 families experienced family loss due to COVID-19



EMPLOYMENT AND ECONOMIC HARDSHIP

Many families are experiencing challenges in employment and economic hardship

- **70%** of parents were employed in February 2020; **57%** are currently employed
- **60%** of families report difficulties paying bills
- **45%** of families behind on bills
- **43%** of families have shut down heat or A/C because of financial difficulties

1 in 4 families reported not having enough money for food



SCHOOLING



74% of parents feel uncomfortable with their adolescent returning to in-person school

53% of parents report being more involved with their youths' daily school work

FAMILY MENTAL HEALTH

40% of youth and parents report feeling nervous, worried, or anxious

1 in 3 youth and parents report feeling lonely, sad, or depressed



FAMILY SUPPORT AND RESILIENCE

The following are the top 3 ways families are seeking support:

- 1 **Family**
- 2 **Friends**
- 3 **Religious Communities**



Families are spending more time together and building relationships compared to before the pandemic:

53% of families are having more conversations together

45% of families are doing more household tasks together

“Before pandemic, we were so busy with school, work, and other things we hardly ever sat down to talk and we didn’t eat meals as a family. Having to stay at home made us go back to being a family, sitting down for meals, talking to each other, playing board games. It has been nice to slow down for a bit.” - Parent

COVID-19 AND LATINX YOUTH

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HOW HAS COVID-19 IMPACTED YOUTH?

POSITIVE

- FAMILY GREW CLOSER
- TIME TO RELAX
- TIME TO LEARN ABOUT SELF

NEGATIVE

- FEELING LONELY, WORRIED, & SAD
- FAMILY JOB/MONEY TROUBLES
- FAMILY LOSS DUE TO COVID

84% OF YOUTH ARE SOCIALLY DISTANCING FROM OTHERS OUTSIDE OF THEIR HOUSEHOLDS

MOST YOUTH (**60%**) REPORT THAT THE PANDEMIC HAS SIGNIFICANTLY CHANGED THEIR DAILY LIVES

ABOUT **20%** OF YOUTH REPORT THAT THE PANDEMIC HAS ONLY CHANGED THEIR DAILY LIFE A LITTLE BIT

SCHOOL AND THE PANDEMIC

76% OF THE STUDENTS ARE ATTENDING SCHOOL ONLINE; **15%** ARE HYBRID (IN PERSON & ONLINE); **4%** ARE IN PERSON ONLY

DESPITE CHANGES IN SCHOOLS, YOUTH ARE STILL FEELING MOTIVATED!

70% OF YOUTH ARE EXPECTING TO EARN A COLLEGE DEGREE AND/OR MASTER'S DEGREE

YOUTHS' COMMON COPING STRATEGIES



LISTENING TO MUSIC



WATCHING A MOVIE



PLAYING VIDEO GAMES



MESSAGING WITH FRIENDS



TALKING WITH FRIENDS

TOP 3 ACTIVITIES YOUTH MISS THE MOST

- 1 HANGING OUT WITH FRIENDS
- 2 HANGING OUT WITH EXTENDED FAMILY
- 3 GOING TO SCHOOL



"I think it has brought me closer to my family since we spend so much time together. I think that I've learned about my interests and what I like." - Youth

TUCSON FAMILY RESOURCES

FOOD ASSISTANCE

Community Food Bank of Southern Arizona

(520) 622-0525

Distribution Schedule: T, W, Th from 8 am - 11 am.
Just drive up!

Tucson Food Share

English (520) 222-9242 Español (520) 253-3130.
Open: M, Th 5pm-7pm, Sat 9am-11am.
Delivery available if you live within 12 miles.

Free School Lunches

A list of school districts offering free food for Tucson children.

FINANCIAL ASSISTANCE

Arizona 211

Dial: 2-1-1 or 877-211-8661

Assistance finding food, paying house bills, accessing free childcare, or other essential services.

Primavera Foundation

(520) 623-5111 Affordable housing, workforce development, and neighborhood revitalization.
Open: M-F 8:00am-5:00pm.

Community Action Agency Pima County Assistance Programs

(520) 724-2667

Assistance with paying rent, utilities, and health-related expenses.

MENTAL HEALTH ASSISTANCE

La Frontera

(520) 838-3804

No insurance needed.

COPE Community Services

(520) 205-4732 or (520) 519-8560

AHCCCS or Insurance needed.

Health and Crisis Services:

(520) 622-6000 or 1-866-495-6735

List of resources from Pima County for families looking for health and crisis services.

Sin Puertas

(520) 791-2711

No insurance needed.

HEALTH SERVICES ASSISTANCE

University of Arizona Mobile Health Program Services

(520) 771-5570

UA mobile clinic serving people for free who do not have health insurance. Check their Facebook page for schedules and locations.

<https://www.facebook.com/mobilehealthprogram>

Clinica Amistad

520-305-5107

Serves people who are unemployed, uninsured, or are not able to obtain services to AHCCCS.

Open every W & Th 5-9 PM, First Saturday of Every Month 10 AM- 2PM



HOW TO SUPPORT YOUTH

- Talk openly about mental health. If your child starts to become withdrawn and you notice changes in their appetite and sleep, don't be afraid to seek professional help.
- Make sure your adolescent is staying active, getting good sleep, and going outside.
- Help adolescents stay connected socially.

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