



National Hispanic and Latino

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



National Hispanic and Latino

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

EL DÍA DE LOS MUERTOS TOOLKIT DIRECTORY OF RESOURCES



National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration

Día De Los Muertos Toolkit: List of Resources

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OVERVIEW OF THE DIRECTORY OF RESOURCES

The National Hispanic and Latino Addiction Technology Transfer Center (NHL ATTC) and The National Hispanic and Latino Prevention Technology Transfer Center (NHL PTTC), both housed at The National Latino Behavioral Health Association (NLBHA), are pleased to deliver an incredible toolkit with several resources around the El Día De Los Muertos/ Day of the Dead, Grief and Loss.

Our goal with this toolkit is to not only normalize grief and offer options for healthy coping mechanisms, but also to help our communities to find support and healthy outlets to express their pain and grief.

This is an extensive directory of resources that our team carefully prepared for you. You will find articles, webinars, fact sheets, support groups, books recommendations, videos, movies, and resources to approach the topic with children.

Some of the resources are available in all three languages (English, Spanish and Portuguese).

We hope these resources are useful for you and for your healing process.

Please share it with your family, friends, and colleagues. Stay safe, healthy, and remember we are all in this together.

Thank you.
¡Gracias!
Obrigado.

DISCLAIMER

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The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions or policies of the National Latino Behavioral Health Association (NLBHA), the Center for Substance Abuse Treatment (CSAT), the Center for Substance Abuse Prevention (CSAP), or the Substance Abuse and Mental Health Services Administration (SAMSHA).



Día De Los Muertos Toolkit:

Webinars, pages and blogs

WEBINARS/ PAGES/BLOGS

WEBINARS/VIDEOS

PORT: Webinar delivered in Portuguese, offered by the National Hispanic and Latino Prevention Technology Transfer Center (NHL-PTTC).

[Talking about Grief and COVID-19 in the Hispanic and Latin Community: Life Experiences and Therapeutic Strategies from Acceptance and Commitment Therapy](#)

ENG, SPA and PORT: Short video messages developed by the NHL ATTC and PTTC, honoring the El Día De Los Muertos/ The Day of the Dead, resources, and information around Grief.

[NHL ATTC and PTTC webpages](#)

ENG and PORT: VIDEO [TEDxTalks: A morte é um dia que vale a pena viver/Death is a Day Worth Living](#) with Ana Claudia Quintana Arantes

PORT: VIDEO [TEDxTalks: A consciência da morte nos faz humanos](#) Awareness about death makes us humans with Luciana Dadalto

PAGES

ENG: Resources from the Partnership to End Addiction

Their peer parent coaches who have lost children to substance use shared not only their time helping other families as part of their coaching program, but also continue to offer their wisdom and insights about how to navigate the journey of loss.

Please access this link to learn about the resources they have identified that helped them in their healing process: [Grief Resources for Families](#)

SPA [List of Spanish Bereavement Resources](#) from the Hospice Foundation of America

ENG: Agency [Children's Grief Center](#)

ENG and SPA: Resources from Dougy Center, The National Grief Center for Children & Families.

Dougy Center provides support in a safe place where children, teens, young adults, and families who are grieving can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief: [Dougy Center](#)

ENG: [Scholastic Children and Grief](#)

ENG: [Miss Foundation – Dr. Joanne Cacciatore](#)

ENG: [The center for Complicated Grief, Columbia University:](#) Resources for professionals and the public

ENG: [Therese Rando:](#) The Institute for the Study and Treatment of Loss

PORT: [PROALU - Programa de Acolhimento ao Luto/Bereavement Support Program](#)
Several resources about grief in general such as mourning immigrants and refugees, abortion, suicide, and the system of beliefs.

PORT: [4 Estações Instituto de Psicologia/4 Seasons: Psychology Institute](#)
A group of Psychology professionals who offer services for losses and grief, based on their experience with people who have or have gone through situations of grief in their personal or professional life.

PORT: [Vamos falar sobre o luto? Let's talk about grief?](#)
A digital platform of information, inspiration, and comfort for those who have lost someone they love or for those who want to help a friend in this difficult circumstance. An attempt to break the taboo and make the experience less sad and lonely. Provision of content, tools, ways, enlightenment, and love.

PORT: [Primer New mourning rituals in times of social distancing](#)

PORT: [Psychologist Nazaré Jacobucci:](#) Website, Blog and Reading materials

ENG: [Counseling Association Resources for Grief](#)

SPA: [Apoyo ante la pérdida y el duelo/Support for loss and grief](#)

BLOGS

SPA: [Comprender el duelo en un contexto cultural](#)

ENG: [This Día de los Muertos, Let's Remember Lost Loved Ones and Protect Our Living](#)

ENG: [Grief in Six Words Stories Bank](#)

ENG and SPA: [Día de los Muertos Fact Sheet](#)

SPA: [Búsqueda de ayuda y apoyo para el duelo y la pérdida/Seeking Help and Support for Grief and Loss](#)
La importancia del apoyo durante el proceso de duelo



Día De Los Muertos Toolkit:

**Resources for Providers
currently serving and/or
interested in serving
Hispanic/Latino
Communities**

RESOURCES FOR PROVIDERS CURRENTLY SERVING AND/OR INTERESTED IN SERVING HISPANIC/LATINO COMMUNITIES

WEBINARS

ENG: Resources from the National Hispanic and Latino Mental Health Technology Transfer Center (NHL MHTTC):

- **(ENG)** [Grief Sensitivity Virtual Learning Institute - Pandemia: Restoring the Wounded Soul: Latino Reflections on Loss, Grief and Rituals \(September 2020\)](#)
- **(ENG)** [Grief Sensitivity Virtual Learning Institute - Pandemia: Restoring the Wounded Soul: Latino Reflections on Loss, Grief and Rituals \(November 2020\)](#)

ARTICLES

(ENG) [Complicated Grief: Cultural Considerations When Working with Loss in Hispanic and Latino Students and Their Families](#)

ENG: The [Mis-bereavement](#) of Transnational Deaths: Exploring Grief and Bereavement experiences among Latinx immigrants in the United States

ENG: [Grief care series Medicine healing wisdom for BIPOC communities](#)
An interview with Paulina Isabel Almarosa, Licensed Clinical Social Worker and Founder of Latinx Grief

ENG: [I'm Grieving: What culture teaches us about grief](#)
A poster presentation by The Chicago School of Professional Psychology

ENG: [Coping Strategies and Complicated Grief in a Substance Use Disorder Sample](#)
A study done in Spain, published in 2021

ENG: [A Grief Counseling Group Design for Hispanic Children](#)
This Latino- culture-based article details a successful 8-session counseling family bereavement program for children and their caregivers.

ENG: [What crucial components should be integrated into bereavement programs for the Latino population?"](#)
The study reveals a scarcity of programs designed to meet the needs of the bereaved of Latino communities

ENG: [Border Memorial: Frontera de los Muertos](#) Article by John Craig Freeman

ENG: [Evolutionary thanatology](#) Article by James R. Anderson, Dora Biro and Paul Pettitt

ENG: [Introduction Research that matters bridging the gap between research and practice in Thanatology](#) Article by John R. Jordan

ENG: [Mortality as a Philosophical-Anthropological Issue: Thanatology, Normativity, and "Human Nature"](#) Article by Sami Pihlström

ENG: [Exploring the Interface Between Religion and Contact with the Dead Among Older Mexican Americans](#) Article by Neal Krause and Elena Bastida

ENG: [When do Latinos use hospice services?](#) Studying the utilization of hospice services by Hispanics/Latinos



Día De Los Muertos Toolkit:

Support Groups

SUPPORT GROUPS

ENG: [Grieving.com](#)

One of the first and biggest online support groups, Grieving.com has a variety of forums so participants can connect and share experiences. Founded in 1997, Grieving.com is one of the oldest grief support communities on the internet, helping a quarter of a million people in more than 100 countries. Grieving.com is a judgment-free zone that focuses on helping people who have gone through loss connect with others who understand what they're going through. They provide a variety of forums, ranging from generic loss discussions to more specific issues, such as the loss of a parent.

ENG: [Grief in Common](#)

With Grief in Common, members can connect with others privately with a live chat. Grief in Common aims to provide people with a place to feel validated and understood as they talk about their experience with loss. The site can match people with individuals who have experienced similar losses, so individuals can connect with them privately.

ENG: [Grief Anonymous](#)

Grief Anonymous offers 24/7 online support that caters to members for all types of grief. Grief Anonymous provides access to Facebook groups that allow users to connect with other people and talk about their experiences day or night. Their original group, the [Grief Anonymous Family Group](#), has almost 9,000 members and allows people to talk about all types of grief.

ENG: [Online Grief Support](#)

Online Grief Support lets you easily connect with others who have experienced specific types of grief through online forums. Online Grief Support offers a variety of online forums. Users can interact in the general discussion group, or they can join communities for people who have experienced specific types of grief, such as the loss of a spouse, someone to cancer, a parent, or sudden loss. The website offers many helpful links and resources, as well. There is information on obtaining grief counseling, an online bookstore with recommended reading, and an online "healing center" with helpful product suggestions. Joining a grief-specific group may be helpful to individuals who want to connect with people who understand their experiences best.

ENG: [Grief Healing](#)

Grief Healing provides online support in a safe space—discussion groups are closely moderated to ensure quality, safety, and security for all participants. With a variety of grief-related articles and resources, Grief Healing is a great resource that provides access to discussion groups. Their communities offer opportunities for users to share stories and connect with others who understand loss. The site reports that their discussion groups are closely monitored and moderated by the owner to ensure quality, safety, and security for all participants. Every post is read by the site's monitors; two

nationally certified grief counselors, according to founder Marty Tousley, who is also a grief counselor.

ENG: [Ourhouse Grief Support Center](#)

The OUR HOUSE mission is to provide the community with grief support services, education, resources, and hope. Since 1993, OUR HOUSE has helped thousands of grieving children, teens, and adults as they embark upon their journeys to hope and healing. At OUR HOUSE, we provide essential grief support for a universal experience that deserves heightened understanding and acceptance. Our programs serve adults, teens, children and toddlers, which include grief support groups that are specific to the age of the griever, length of time since the death, and the relationship to the person who died.

SPA: [Ourhouse Grief Support Center](#)

La salud y la seguridad de los miembros de nuestro grupo y del personal son nuestra mayor prioridad. Por esta razón, en estos momentos estamos proporcionando todos los servicios en línea a través de la videoconferencia Zoom. Si desea información sobre apoyo para el duelo en español, por favor llámenos al 310-473-1511 para que un miembro de nuestro equipo clínico pueda ayudarle.

SPA: [Grupos de apoyo para el doliente: remotos, virtuales y en línea](#)/Grief Support Groups - Remote, Virtual, and Online.

Los grupos de apoyo de VITAS Healthcare ofrecen información y asesoramiento para aquellos que han sufrido una pérdida y están en duelo. Ofrecemos una variedad de grupos de apoyo telefónicos y por video en Zoom, sin costo, para ayudar a cubrir las necesidades de los cuidadores. Estos grupos de ayuda son ofrecidos por los servicios de duelo de VITAS.



Día De Los Muertos Toolkit:

Book recommendations



BOOKS

ENG: [A grief observed](#)

SPA: [Una Pena en Observacion](#)

PORT: [A Anatomia de uma Dor - Um Luto em Observação](#)

Author: C. S. Lewis

PORT: [Histórias lindas de morrer](#) /Beautiful stories to die for.

Author: Ana Claudia Quintana Arantes

ENG: [The Problem of Pain](#)

SPA: [El Problema del Dolor](#)

PORT: [O problema do sofrimento](#)

Author: C. S. Lewis

ENG: [Man's Search for Meaning](#)

SPA: [El hombre en busca de sentido](#)

PORT: [Em Busca de Sentido](#)

Author: Viktor Frankl

SPA: [La muerte es un día que vale la pena vivir](#)

PORT: [A morte é um dia que vale a pena viver](#)

Author: Ana Claudia Quintana Arantes

ENG: [What Has No Name](#)

SPA: [Lo que no tiene nombre](#)

Author: Piedad Bonnett

SPA: [El camino de las lágrimas](#)

PORT: [O caminho das lágrimas](#) / The Trail of Tears

Author: Jorge Bucay

ENG: [Say Her Name: A Novel](#)

SPA: [Di su nombre](#)

PORT: [Diga O Nome Dela](#)

Author: Francisco Goldman

ENG: [This Too Shall Pass: A Novel](#)

SPA: [También esto pasará](#)

PORT: [Também Isto Passará](#)

Author: Milena Busquets

SPA: [Una casa para el abuelo](#)/A house for grandpa

Author: Grassa Toro

ENG: [The Violet Hour](#)

SPA: [La hora violeta](#)

PORT: [La Hora Violeta](#)

Author: Sergio del Molino

SPA: [Vivir el duelo. La pérdida de un ser querido](#)/Live the duel. The loss of a loved one

Author: Christophe Fauré

SPA: [La ridícula idea de no volverte a ver](#) /The ridiculous idea of never seeing you again

PORT: [A ridícula ideia de nunca mais te ver](#)

Author: Rosa Montero

ENG: [Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief](#)

SPA: [Cuando el final se acerca: cómo afrontar la muerte con sabiduría](#)

Author: Kathryn Mannix

ENG: [Letting Go With Love: The Grieving Process](#)

SPA: [Déjalos ir con amor: la aceptación del duelo](#)

Author: Nancy O'connor

ENG: [My Son . . . My Son . . . : A Guide to Healing After Death, Loss, or Suicide](#)

Parents who lost a loved one for suicide.

Author: Iris Bolton, and Curtis Mitchell as collaborator



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Día De Los Muertos Toolkit:

**Talking about death and
loss with children:
articles, books and
videos/movies**



TALKING ABOUT DEATH AND LOSS WITH CHILDREN

ARTICLES

ENG: [Helping children cope: Tips for talking about tragedy](#)

BOOKS

ENG and SPA: [I Remember Abuelito: A Day of the Dead Story / Yo Recuerdo a Abuelito: Un Cuento del Día de los Muertos](#)

ENG and SPA: [The Remembering Day / El día de los muertos](#)

ENG and SPA: [Los Gatos Black on Halloween](#)
Books, Activities, and other resources for kids ages 5-9 years-old

ENG: [Cry, Heart, But Never Break](#)
SPA: [Llora, corazón, pero no te rompas](#)
PORT: [Pode chorar, coração, mas fique inteiro](#)
Author: Glenn Ringtved

SPA: [Vacío](#) Empty
PORT: [Vazio](#)
Author: Anna Llenas

PORT: [A Grande Roda](#) /The great wheel
Authors: Rafaela Carvalho and Thaís Vilarinho

ENG: [Where Do We Go When We Disappear?](#)
SPA: [¿Adónde vamos cuando desaparecemos?](#)
PORT: [Para Onde Vamos Quando Desaparecemos?](#)
Autor: Isabel Minhos Martins

ENG: [The Goodbye Book](#)
PORT: [Livro do adeus](#)
Autor: Todd Parr

ENG: [The Memory Tree](#)
SPA: [El árbol de los recuerdos](#)
PORT: [A Árvore das Lembranças](#)
Author: Britta Teckentrup



PORT: [O que eu faço com esse buraco?](#) What do I do with this hole?

Autor: Marilu Rodrigues

VIDEOS/MOVIES

ENG: [Coco](#)

SPA: [Coco](#)

PORT: [Viva - A Vida é uma Festa](#)

PORT: [De Criança Para Criança - "O Casulo e a Borboleta"](#)

From Child to Child - "The Cocoon and the Butterfly"



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