

## ONE YEAR LATER:

## Immigrant Trauma and How to Deal with It

## Hostile Political and Rhetorical Environment

- **Fluctuating immigration laws ranging from travel bans to rescission legal status are creating instability.** Immigrants affected include DACA recipients, those with Temporary Protected Status and “unaccompanied minors.”
- **Anti-immigrant sentiment and racism are on the rise.** This shift in political rhetoric dehumanizes and scapegoats immigrants, while stereotypes about immigrants become more prevalent.



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## Psychological and Physical Distress

- **Immigrants face stress when adjusting to a new culture.** Discrimination, financial struggles, language barriers and becoming a racial minority contribute to this stress.
- **Immigrants may experience trauma and anxiety** because of this stress and discrimination. They may also feel grief because of loss of home, family connections and self-efficacy.
- **These changing aspects of identity can affect immigrants' mental and physical health.** These experiences may lead to depression, high blood pressure, premature birth, substance abuse, anxiety and family conflict.



Eileen Kugler

Embrace Diverse Schools

## Offering Support

- **Teachers are valuable allies because they can create trusting relationships with families.** Be a connection to resources but resist reassuring students that everything will be okay.
- **Clinicians should work from strength-based perspectives.** Looking at individuals' strengths and building on them can help immigrants regain a sense of control.
- **Help friends and neighbors create a “family plan”** for who should care for their children in case they are detained. This can help create a sense of preparedness and reduce anxiety.
- **Above all, lend an ear.** Find time to be an empathetic and nonjudgmental listener.



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and Refugee Advocacy  
CoalitionCaitlin Tromiczak  
Torture Abolition and  
Survivors Support CoalitionFor more resources and recordings, go to [bit.ly/ILCtrama](https://bit.ly/ILCtrama)Contact Denzil Mohammed at [dmohammed@ilctr.org](mailto:dmohammed@ilctr.org)Visit us at [www.ilctr.org](http://www.ilctr.org)