

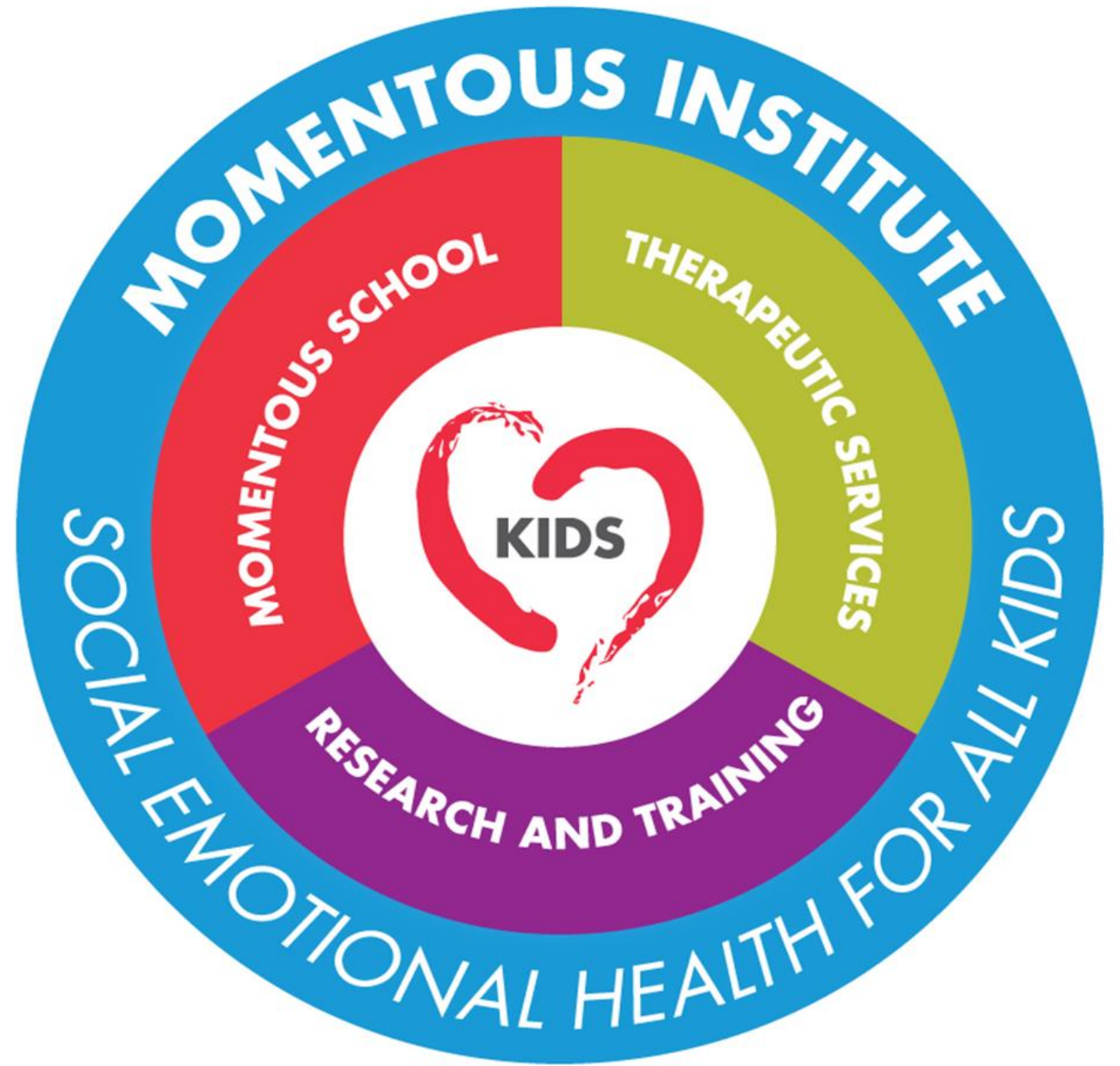
MANAGING IMMIGRANT TRAUMA AMID THE PANDEMIC

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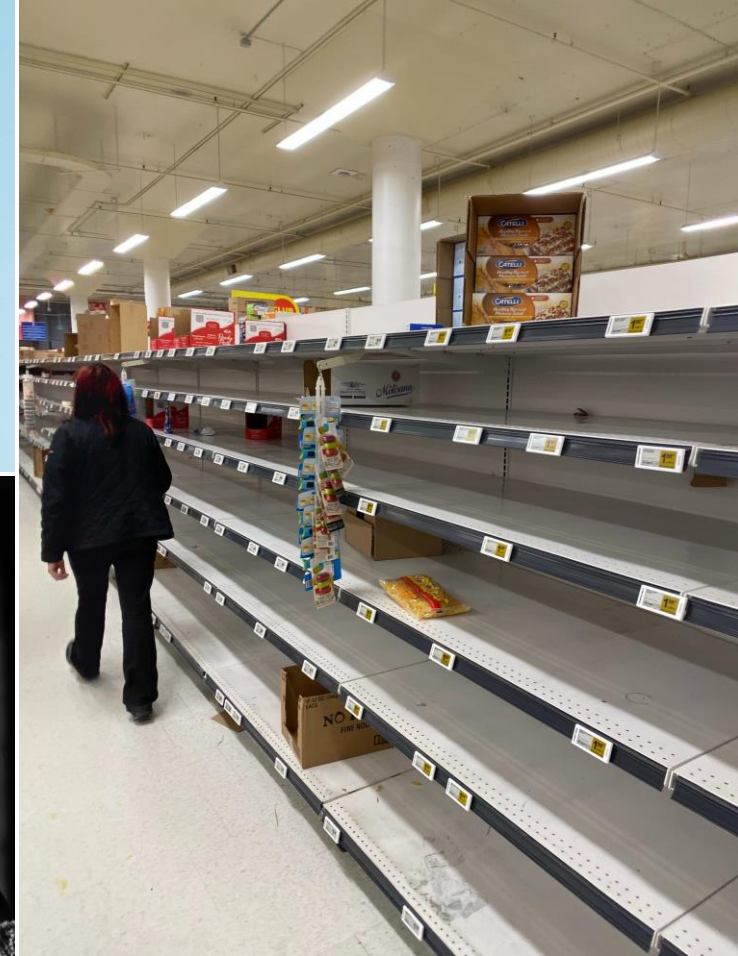
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ABOUT MOMENTOUS INSTITUTE



2020

- Pandemic
- Unemployment
- Civil unrest
- Political Unrest
- Violence
- Hateful rhetoric
- Heightened racism and racial tensions
- Food-related concerns
- Depression, suicide, MH problems on the rise



IMPACT OF COVID-19 ON IMMIGRANTS AND REFUGEES

ESSENTIAL WORKERS

in more vulnerable positions in the labor market (factories, meat processing plants, farm laborers)

DISCRIMINATION/RACISM

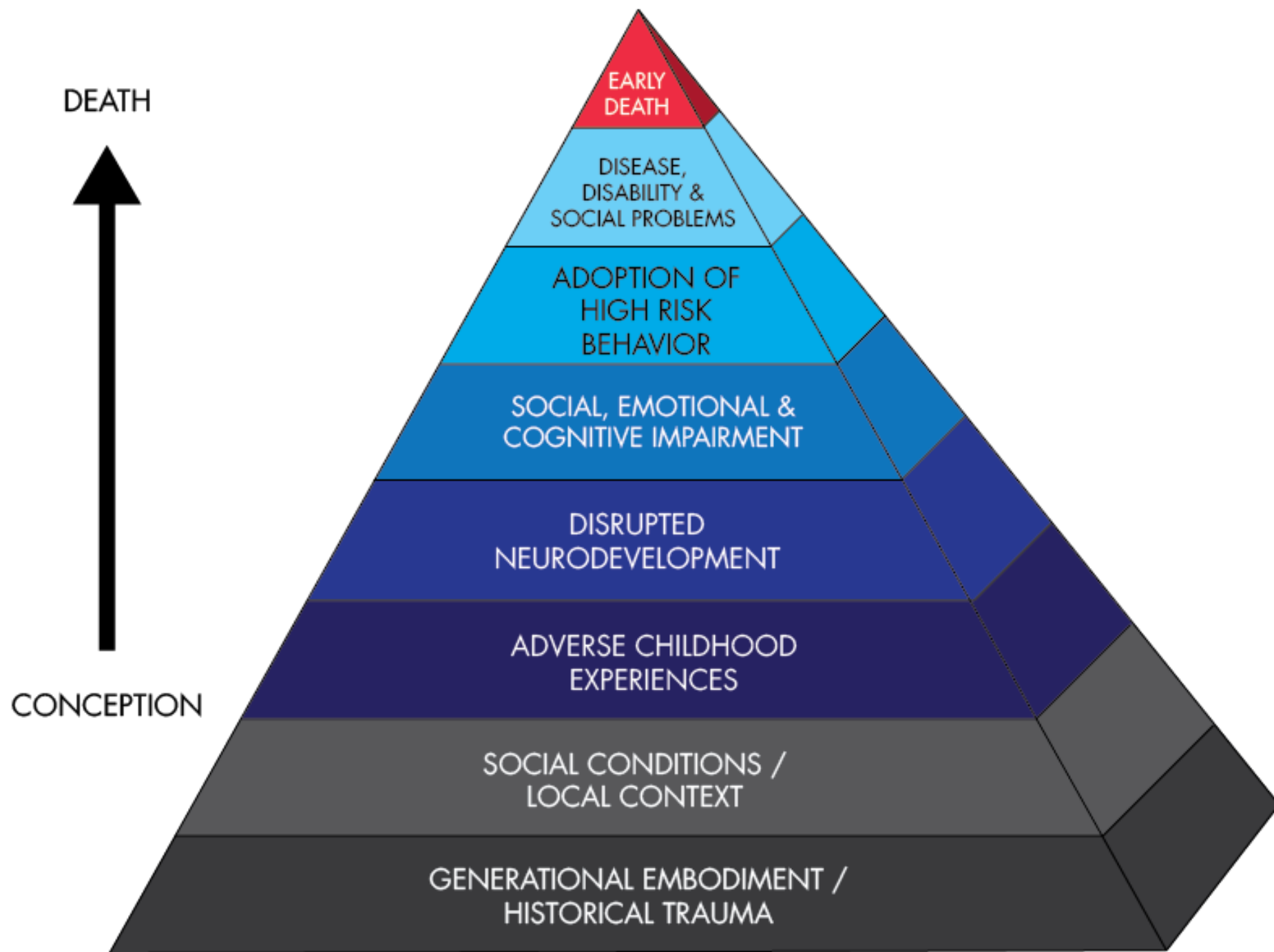
chronic & toxic stress!

HEALTHCARE ACCESS AND UTILIZATION

- *Uninsured*
- *Public charge*
- *Transportation, childcare, "sick time", language barriers*
- *Distrust!*

EDUCATION, INCOME, AND WEALTH GAPS

HOUSING



MENTAL HEALTH CONSIDERATIONS

- Safe relationships are key
- Cultural competency and humility
- Competency in **trauma work** (PTSD, Grief, Mood disorders)
 - Acute, choric, complex
 - Consideration of developmental stages and LT impact
 - Physiological impact
- Work in contextual-systemic framework
 - Strengths-based perspective
 - Resilience
- Understanding the migration narrative
 - Posture of curiosity
 - Family Story activity

MENTAL HEALTH CONSIDERATIONS

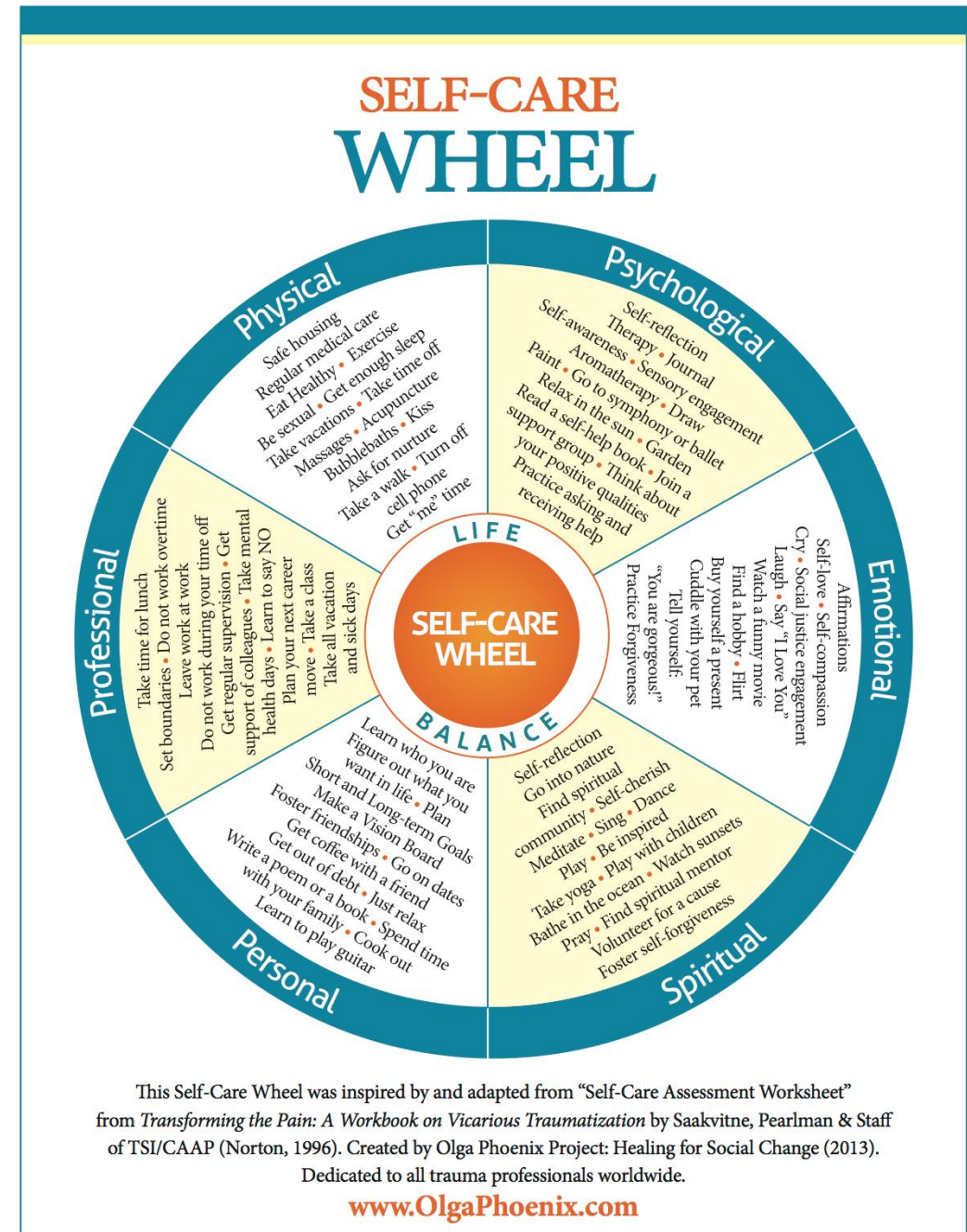
- Family Identity
 - Family re-integration: separation/attachment
 - Parent-child relationships
- Negotiating cultural identity
 - Acculturation levels in family
 - Value systems
 - Collectivistic vs. individualistic
- Be attuned to issues of safety
 - Chronic stress, legal status, learning, etc.
- Work to truly understand. Help to feel seen and known – not solely defined by crisis/legal status.
- Self-care & **Community Care**

WHAT NEXT?

- Addressing barriers to mental health treatment
 - Stigma and lack of education on mental health
 - Creating more accessible services (Cost, insurance)
 - Increasing culturally and linguistically competent mental health professionals.
- MH professionals embedded in community: schools, places of worship, community centers, medical providers.

For the MH professional: Importance of Self-care & community care

- Trauma work
- Vicarious trauma



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