



Germán Cadenas, PhD - Dr. Germán Cadenas has a background in activism and community organizing. He was involved in creating programs and non-profit organizations to support advocacy for immigrant rights and the education of undocumented and DACA students. He chairs the Immigration Working Group of the American Psychological Association's Peace Psychology Division and serves on the Liberation Incubator of the Counseling Psychology Division. He completed his Ph.D. in Counseling Psychology at Arizona State University, and his Doctoral Internship and Postdoctoral Fellowship at the University of California Berkeley.



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Strategies for Providing Mental Health Services to Undocumented Immigrants and DACA Recipients

Germán Cadenas, PhD, Lehigh University

August 11, 2020



**What does your name mean, and
what does it say about your
immigration story?**

Who are undocumented immigrants?

About 11.2 million nationwide.

Latinxs make up about half of this population.
Numbers from Asia and Central America numbers
have risen in the last decade.

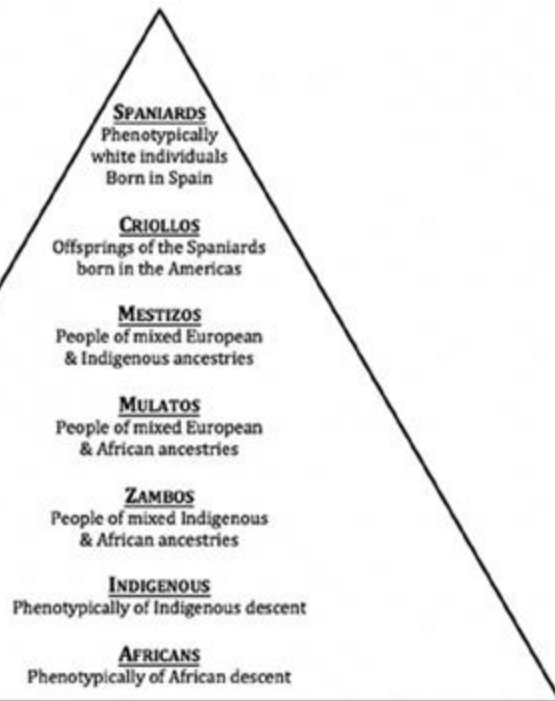
Significant portion of US workforce.

About 700,000 are protected by the Deferred Action
for Childhood Arrivals (DACA) program.

(American Immigration Council, 2017B; Krogstad, Passel, & Cohn, 2017; New American Economy, 2018)



Legacy of Colonization



- First immigration law of 1790: citizenship reserved for “free White persons” that “behaved like a man of good moral character” (Teparata, 2016).
- Social Darwinism, eugenics, and scientific racism were used as frameworks to craft legislation in the 19th and 20th centuries (Nhai, 1999).
- History of immigration policy shows more aggressive laws and enforcement against immigrants of color.



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Anti-Immigrant Hostility

- Separating children from families at border
- Ended DACA protections for undocumented youth
- Toxic and aggressive narrative
- Proposed border wall
- 3 x travel bans targeting Muslim countries + Venezuela + N. Korea
- Ended TPS for Salvadorans
- Ending green cards for unaccompanied minors
 - Increases in raids and enforcement
- Plans to expedite deportation through courts

- Asylum rules changed
- DHS collecting social media info on all immigrants
- Attacks on sanctuary cities and CA (sanctuary state)
- Plans to cut skill-based migration by half, “merit based”
- Ending program educating immigrants about their rights when in detention
- Plans to end family-based migration (“chain migration”)

(Pierce & Selee, 2017)



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DACA



<https://youtu.be/mErKW3YMw40>

<https://www.npr.org/2020/06/18/829858289/supreme-court-upholds-daca-in-blow-to-trump-administration>



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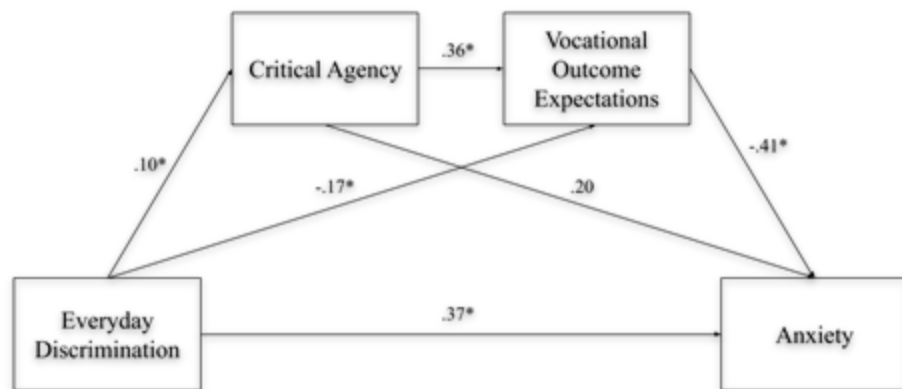
Recent National Data

Table 2. Means, Standard Deviations, and ANOVA Results

Subscale	Group A: Permanent status		Group B: Abject immigration status		Group C: Student visa status		F	Bonferroni post hoc tests
	M	SD	M	SD	M	SD		
Positive mental health	5.54	1.04	5.18	1.19	5.43	1.08	11.51***	B<AC
Depression	1.92	0.68	2.09	0.76	1.81	0.57	16.86***	B>AC
Anxiety	1.99	0.77	2.16	0.81	1.81	0.67	36.57***	B>AC
Climate for diversity	4.00	0.87	3.68	1.03	4.09	0.82	13.33***	B<AC
Discrimination	1.55	0.60	1.70	0.93	1.36	0.52	40.33***	B>AC
Ethnic identity	2.13	0.91	2.46	0.88	2.23	0.83	15.63***	B>AC

Note. Group A: students with permanent status (i.e., U.S. citizenship and legal permanent residence), Group B: students with abject status (i.e., undocumented, other temporary documentation, prefer not to disclose), and Group C: students with student visa

*** $p < .008$.



Cadenas, G.A., Nienhusser, K. (In Press). Immigration status and immigrant college students' psychosocial wellbeing. *Educational Researcher*.

Cadenas, G. A., Peña, D., Minero, L. P., Rojas-Araúz, B. O., & Lynn, N. (2020). Critical agency and vocational outcome expectations as coping mechanisms among undocumented immigrant students. *Journal of Latinx Psychology*. Advance online publication.

<https://doi.org/10.1037/lat0000178>



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Fostering Critical Consciousness

- Among immigrants, critical consciousness is linked to higher **political agency** and **educational outcomes** (Cadenas et al., 2018; Cadenas et al., in press; Cadenas et al., under review).
- Critical consciousness is a **coping mechanism** to protect undocumented immigrants' mental health in the face of race-based everyday discrimination (Cadenas et al., in press).

Providers can support clients who are undocumented in:

- Identifying the impact of oppression on psychological well-being.
- Developing behavioral coping skills (ex: self-advocacy plan, community engagement).



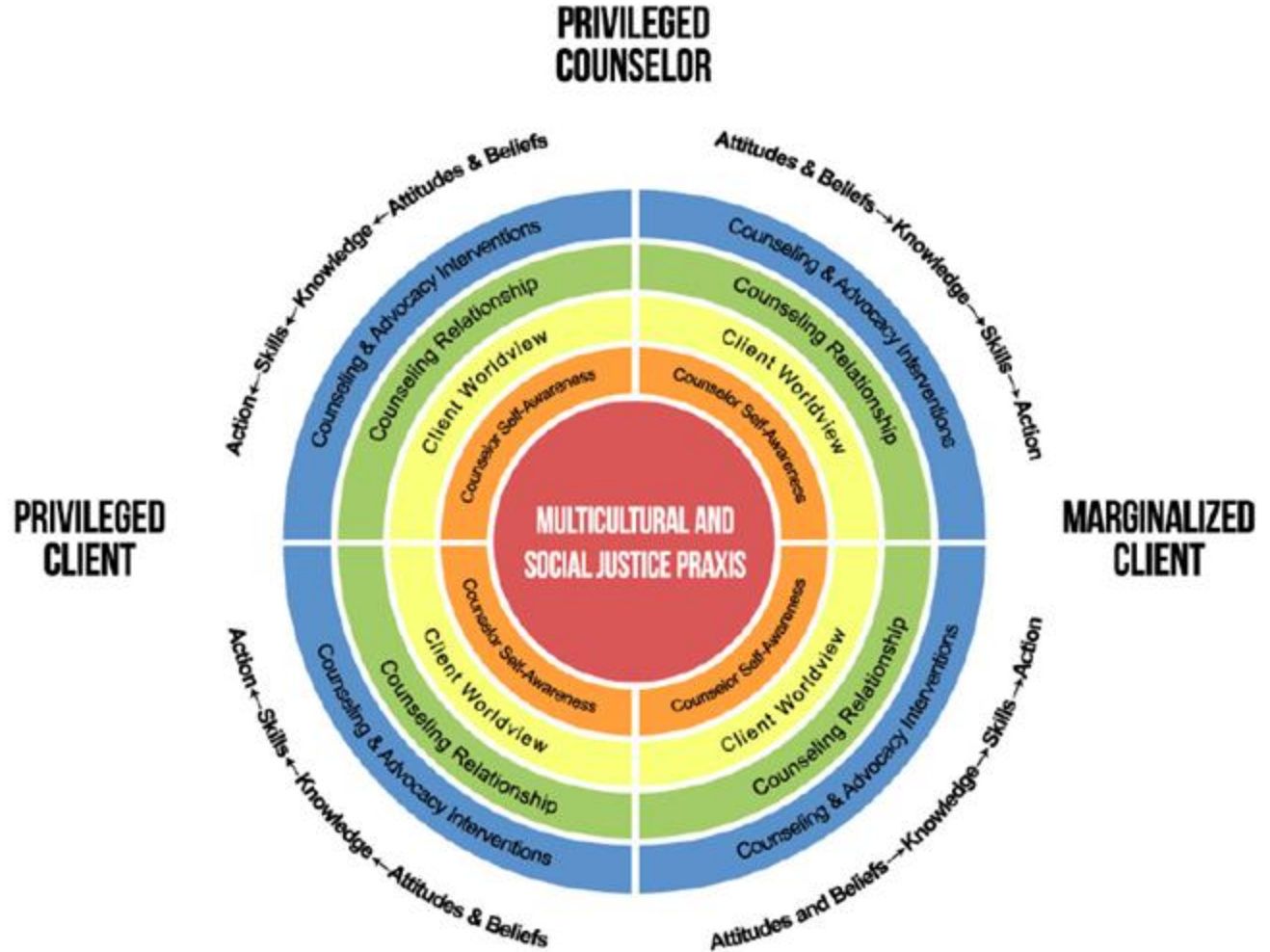
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Ratts, Singh, Nassar-McMillan, Butler, & McCullough (2016).



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Application of Multicultural Guidelines

1. Apply **liberation psychology principles** (Montero, 2009), challenge inaccurate and detrimental attitudes and beliefs about undocumented immigrants.
2. Engage in formal, informal, and experiential education about undocumented immigrants' experiences.
3. Educate others and challenge myths.
4. Acknowledge research limitations and engage in community-based participatory research practices.
5. Engage in ongoing culturally responsive and culturally humble practices.
6. Stay up to date with immigration policy changes and their intersection with other systems of oppression (ex: racism, sexism).
7. Engage in institutional, community, and policy advocacy.



The Voice of Psychology in California

Recommendations for Psychological Practice with
Undocumented Immigrants in California

Approved by the California Psychological Association's Board of Directors in
February 2018

Developed by: Elizabeth Hernandez (co-chair), Germán Cadenas (co-chair), Ivonne Mejia, Esmeralda Zamudio, Diana Peña, and Dania Lopez Beltran



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**Share the love.
#immigrationislove.**

<https://www.defineamerican.com/video/immigration-is-love>



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1) Listen to the Stories of DACA Recipients

2) Explore the Impact of the COVID-19 Pandemic

3) Learn the Basics of Immigration Policy and Stay Attuned to Changes.

4) Identify and Challenge Your Own Biases and Misconceptions About Immigrants.

5) Review Existing Models and Recommendations for Clinical Work with Immigrants.

**Informed
Immigrant**

A Guide to Providing Mental Health Services to Immigrants Impacted by Changes to DACA and the COVID-19 Pandemic

APRIL 20, 2020

This guide was written before a Supreme Court decision was announced on the fate of the DACA program.

CONTRIBUTORS

Germán A. Cadenas, PhD,
Lehigh University College of
Education

Liliana Campos, MS,
Immigrants Rising and
University of San Francisco

Laura P. Minero, MA,
UCLA Semel Institute for
Neuroscience and Human Behavior

Cheryl Aguilar, LICSW, LCSW-C,
Hope Center for Wellness

<https://www.informedimmigrant.com/guides/daca-mental-health-providers/>



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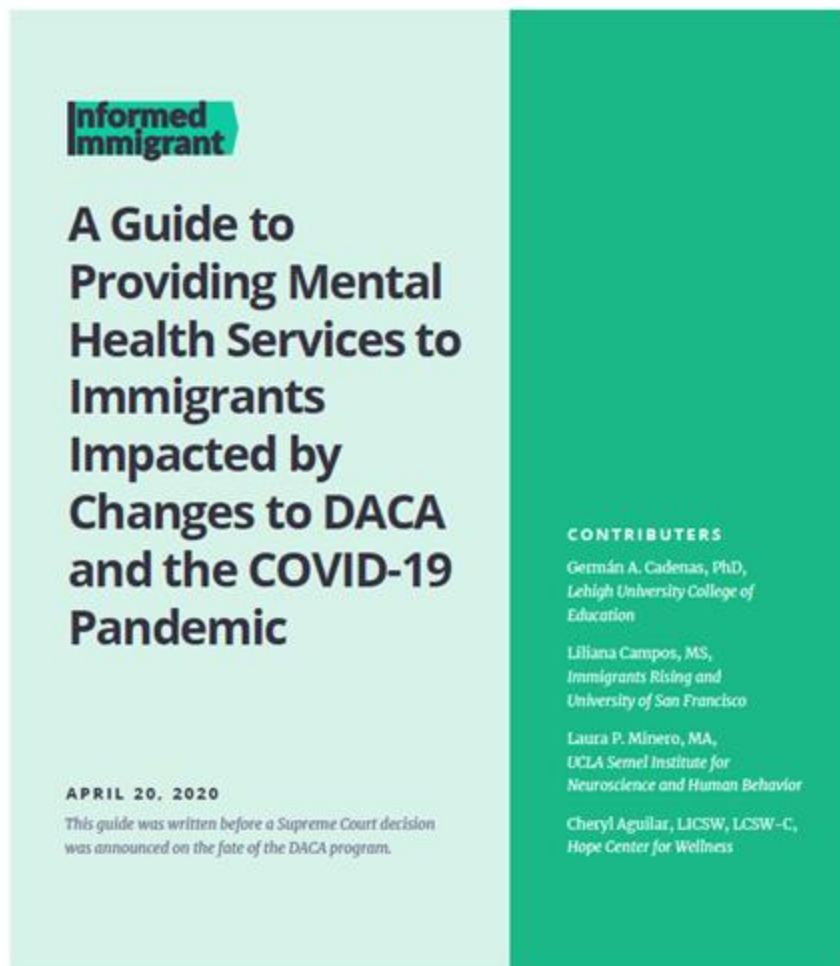
6) Integrate Trauma-Informed Care and Multicultural Competence in Your Clinical Style.

7) Strengthen Psychological and Behavioral Coping Strategies

8) Foster Immigrants' Wisdom and Resilience.

9) Connect with Community Resources: Legal Support, Educational Programs, Financial Help, Health Services, Advocacy and Activist Groups.

10) Engage in Continuing Education, Supervision, Consultation, and Professional Support.



<https://www.informedimmigrant.com/guides/daca-mental-health-providers/>



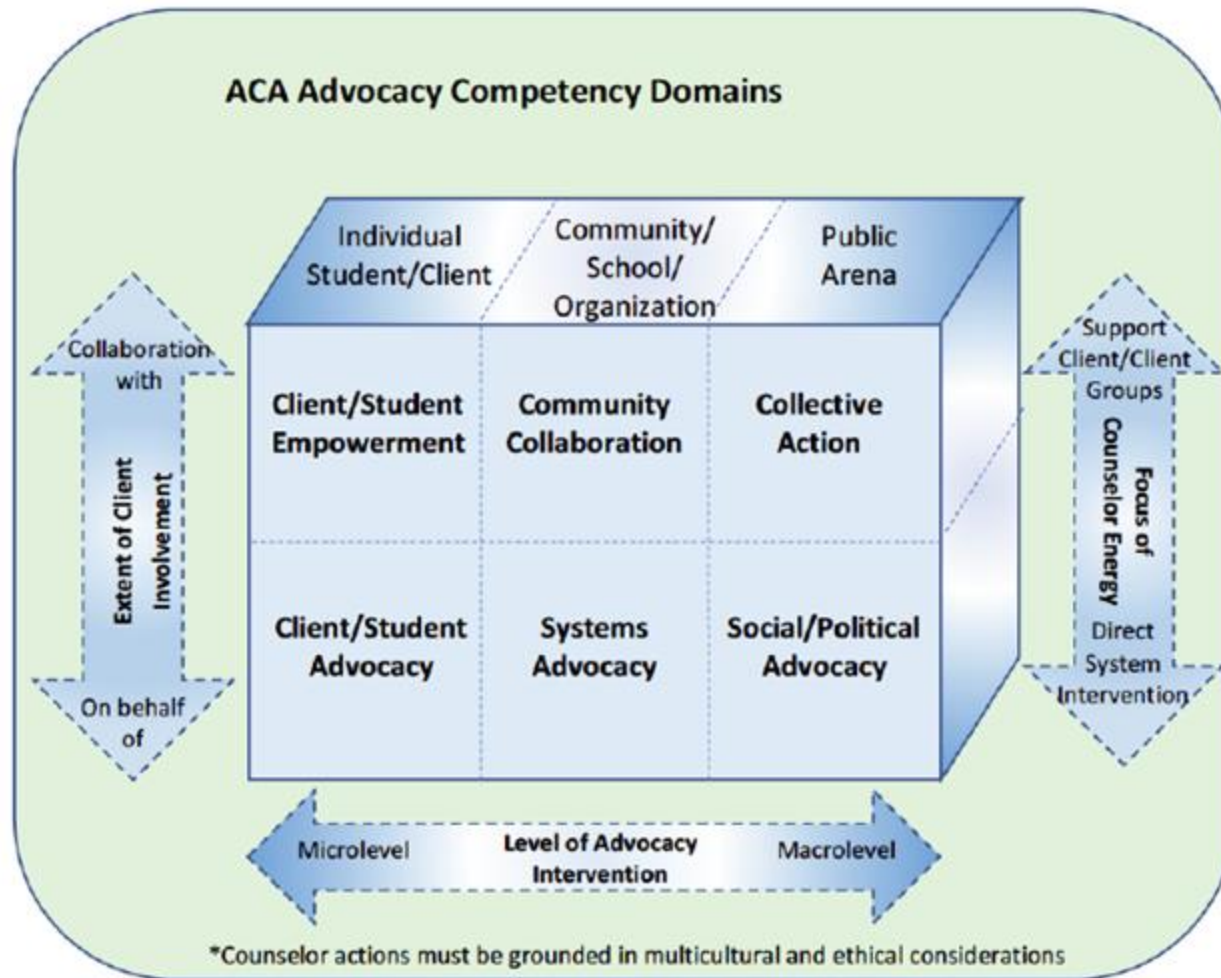
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Original model by Lewis, Arnold, House & Toporek (2003) updated by Toporek & Daniels (2018)

<https://www.counseling.org/knowledge-center/competencies>



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Collaboration for Empowerment, Legal Services, and Advocacy

After DACA victory, attention turns to mental health needs

DACA recipients and the undocumented immigrant community have enormous mental health needs, psychologists say. Trainings and resources are available for mental health professionals.

By Stephanie Pappas Date created: June 30, 2020



UNDOCUMENTED STUDENT PROGRAM | UNIVERSITY OF CALIFORNIA AT BERKELEY

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ESPAÑOL

KNOW YOUR RIGHTS

RENEW YOUR DACA NOW

FIND LEGAL HELP

You deserve to feel safe and empowered, no matter your immigration status.

We are here to help you understand your rights and the resources available to you.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

June 14, 2018

President Donald Trump
The White House
1600 Pennsylvania Avenue
Washington, DC 20500

Dear President Trump:

On behalf of the American Psychological Association (APA), we are writing to express our deep concern and strong opposition to the Administration's new policy of separating immigrant parents and children who are detained while crossing the border. We previously wrote to then Secretary of Homeland Security John Kelly on April 5, 2017, about this matter. Based on empirical evidence of the psychological harm that children and parents experience when separated, we implore you to reconsider this policy and commit to the more humane practice of housing families together pending immigration proceedings to protect them from further trauma.



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Q&A



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Ibis Carrión, Psy.D.
Director

ibis.carrion@uccaribe.edu

Angel Casillas, MHS
Project Manager

angel.casillas@uccaribe.edu

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Website:

<http://www.mhttcnetwork.org/hispaniclatino/>

Email: hispaniclatino@mhttcnetwork.org

