

Welcome!

SUPPORTING THE MENTAL HEALTH OF
REFUGEE & ASYLEE COMMUNITIES

A special 2-part panel series



SUPPORTING THE MENTAL HEALTH OF REFUGEE & ASYLEE COMMUNITIES



A panel series hosted by the
MHTTC Building Health Equity &
Cultural Responsiveness Working Group

Session 2: Systems and Strategies

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

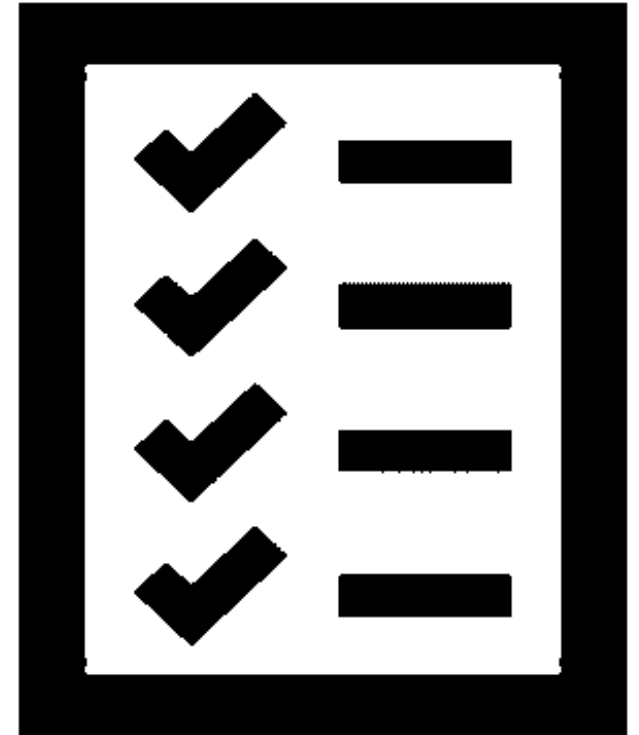
**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

A few additional reminders...

- This **webinar is being recorded** and will be posted with slides to our MHTTC website within a week from today. You will receive notification by email.
- **Participants are muted** with video off.
- Take note of the Zoom toolbox at the bottom of your screen.
 - Use the Chat Box for tech issues
 - Use the Q&A feature to ask questions for our panelists
 - Click the “CC” icon if you’d like to enable captions
- **Certificates of attendance** will be available for those who attend 50% of the live event (45 mins).
- We are **not able to offer CEUs** for this session.

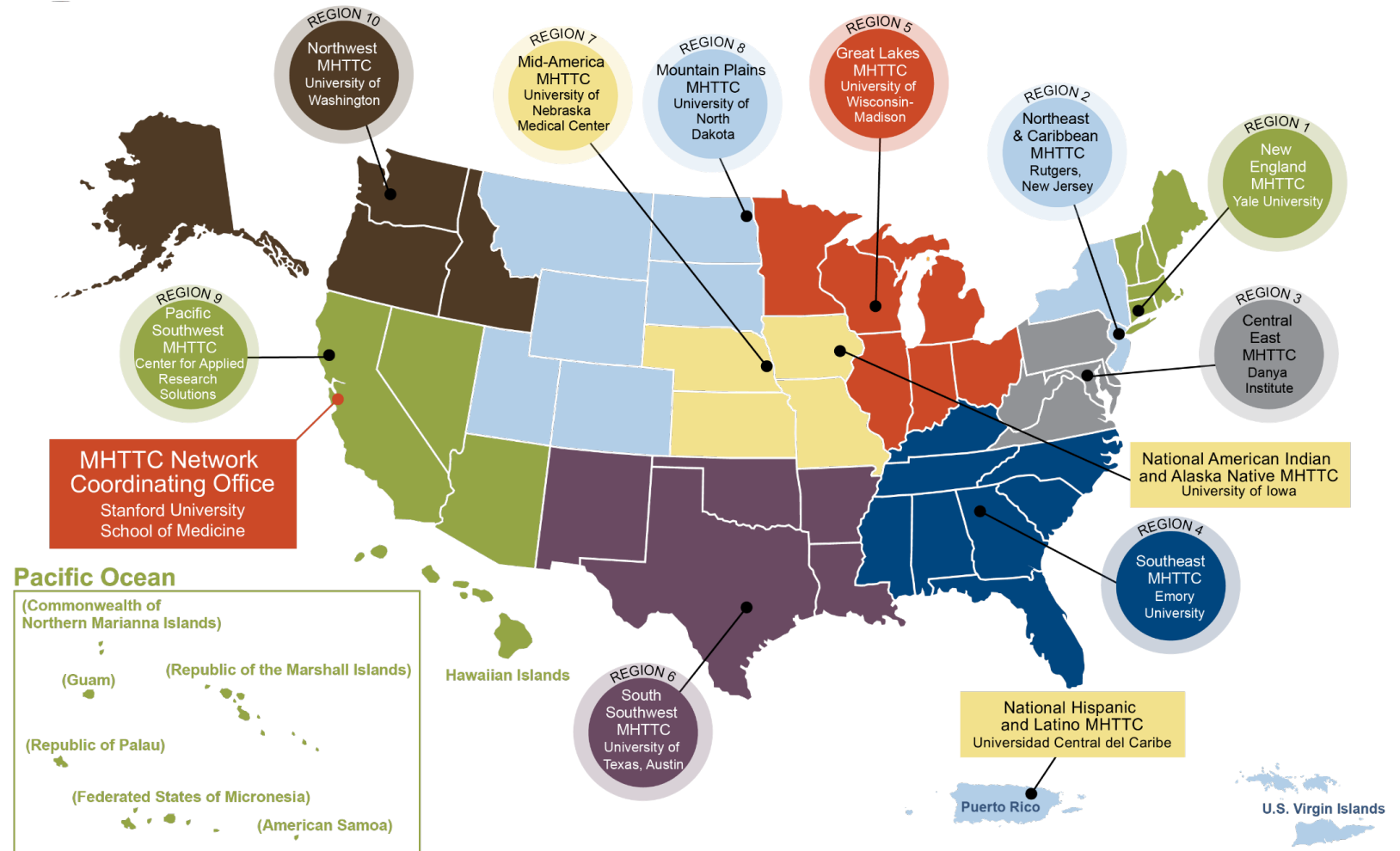
Agenda

- Welcome (15 min)
 - Overview of the MHTTC Network and the Building Health Equity & Cultural Responsiveness Working Group
 - Purpose and objectives for today's programming
 - Panelist introductions
- Systems and Strategies (45 min)
- Live Q&A (20 min)
- Wrap Up Activity and Next Steps (10 min)



About the MHTTC Network

- The MHTTC Network...
 - Develops and disseminates resources
 - Provides free local and regional training and technical assistance
 - Heightens the awareness, knowledge, and skills of the mental health workforce
- Our Network includes 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office
- Learn more at <https://mhttcnetwork.org/>



About the Building Health Equity & Cultural Responsiveness Working Group


The BHE & CRWG aims to disseminate culturally appropriate information and provide technical assistance for the mental health field to improve access to culturally responsive mental health services.



Join the Conversation:
Culturally Responsive Evidence-Based and
Community-Defined Practices for Mental Health

— A six-part series —

Every other Thursday at
11am PT / 1pm CT / 2pm ET
from May 20 – August 5



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

YOUR MHTTC ▾ TRAINING AND EVENTS ▾ RESOURCES ▾ PROJECTS ▾ COMMUNICATION ▾ ABOUT ▾

Racial Equity and Cultural Diversity

This webpage includes a compilation of products and resources on cultural responsiveness, racial equity and cultural diversity for the mental health workforce, curated by the MHTTC Cultural Responsiveness Working Group (CRWG). The CRWG provides guidance and identifies, adapts and develops resources to support all MHTTCs in enhancing their awareness, knowledge, and expertise to address cultural and linguistic capacity to address equity.

This is an ever-evolving webpage that is updated periodically. If you are aware of a resource that you'd like us to consider highlighting on this webpage, please feel free to contact Jessica Gonzalez, MHTTC CRWG Logistics Coordinator at jgonzalez@stanford.edu



Journey Towards Equity

A Learning Series hosted by the
MHTTC Mental Health & Equity Coordination Group

Session 1: Setting the Stage

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

Series Purpose

SUPPORTING THE MENTAL HEALTH OF
REFUGEE & ASYLEE COMMUNITIES



- **Raise awareness** about relevant mental health needs of asylum seekers and refugee populations by highlighting their voices and stories.
- **Share best practices and strategies** with providers and organizations using contextual and system-level perspectives.
- **Differentiate between** a cultural knowledge base and culturally-responsive approaches.

Panelist Introductions

SUPPORTING THE MENTAL HEALTH OF REFUGEE & ASYLEE COMMUNITIES

Session 2 | Systems and Strategies

June 24 at 1pm ET



German Cadenas,
PhD



Kashif Ahmed,
MD



Kira Mauseth,
PhD



Session Learning Objectives

Through this session, we aim to have the audience learn more about the mental health needs of refugee and asylum-seeking communities by having panelists address the following:

- **Understand the similarities and differences between refugee and asylum-seeking populations**
 - Why is there migration and who are the populations migrating in recent years?
 - What barriers do individuals face in successfully arriving and starting their lives in the US?
- **Identify the impact of systems and legal processes on mental health as people experience the migration process**
 - What experiences of trauma do communities face during their migration process and resettlement? What are the effects on their mental health?
- **Increase capacity for and access to culturally-responsive, trauma-informed services and supports**
 - What are the immediate mental health concerns that asylum seekers and refugees are facing?
 - What are cultural considerations to keep at the forefront?

**MENTAL HEALTH
FOR
REFUGEE CHILDREN**

THOUGH MUCH IS TAKEN, MUCH ABIDES

**KASHIF AHMED, MD
YALE CHILD STUDY CENTER**

MANAGING EXPECTATIONS

- Listen
- Validate
- Inform





PREMIGRATION, MIGRATION AND POSTMIGRATION STRESSORS

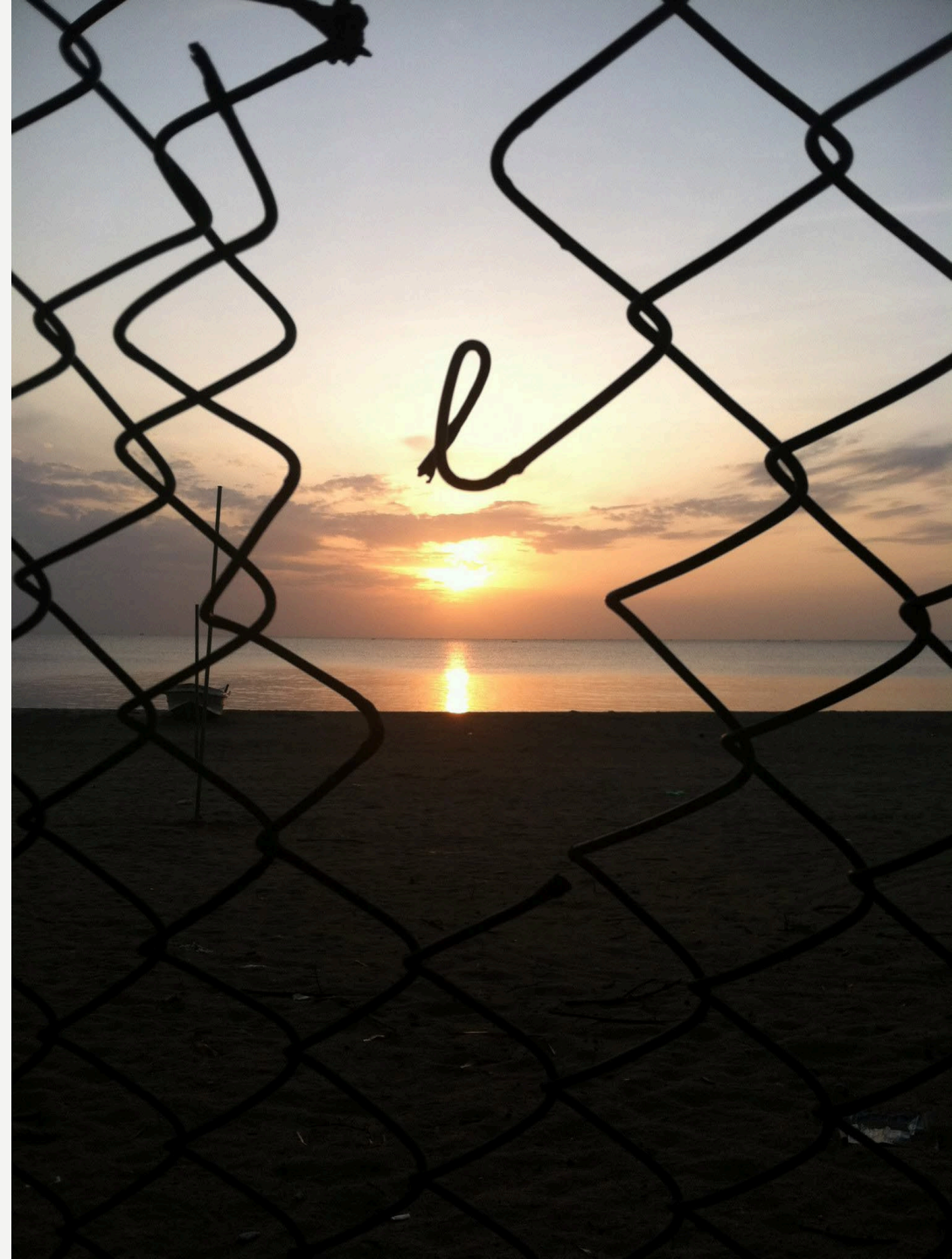


PREMIGRATION

- Where did you live (including moves in-country)? With whom? In what kind of domicile?
- What did your parents do for work (did they work for the US military)?
- What was the extent of your schooling?
- Were there any scary things that happened to you or your loved ones before your migration (including stressors not unique to the particular refugee crisis)?

MIGRATION

- Did you choose to leave or were you forced to? Was it planned or spontaneous?
- Who came with you? Who and what was left behind?
- Did you travel by plane? Where did you stop along the way?
- How were you greeted when you arrived?
- Be aware of legal implications that patients may worry about during this discussion and address accordingly



POST-MIGRATION

- Where are you living? With whom?
- School enrollment
- Food, perceived safety, income, transportation, primary care
- Coping with cultural changes (gender roles, discordant acculturation between kids and their parents)
- Cultural connections





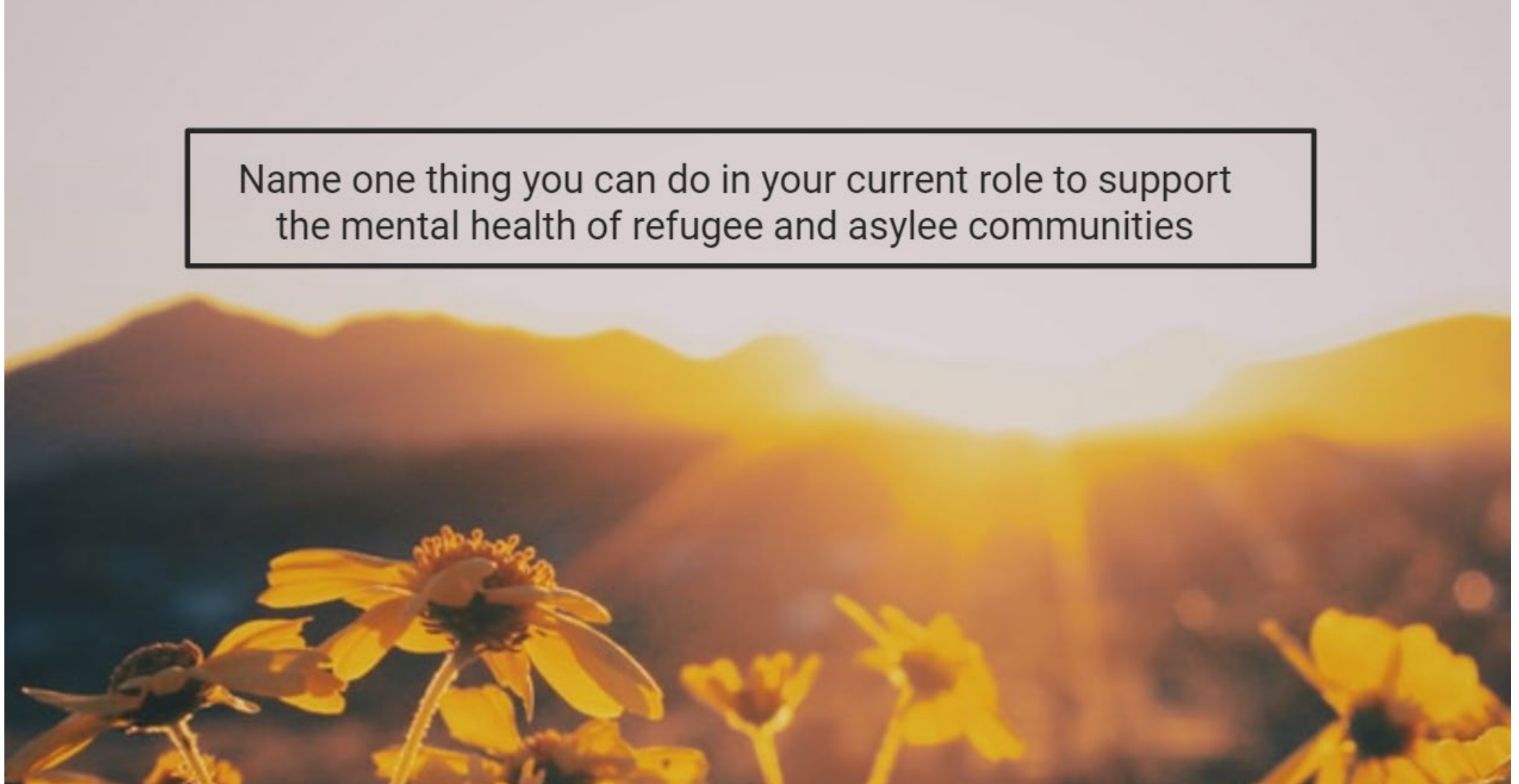
“Human nature will not flourish, any more than a potato, if it be planted and replanted, for too long a series of generations, in the same worn-out soil. My children have had other birthplaces, and, so far as their fortunes may be within my control, shall strike their roots into unaccustomed earth.”

- Nathaniel Hawthorne, “The Custom-House”

Q & A

Closing Activity

Name one thing you can do in your current role to support the mental health of refugee and asylee communities



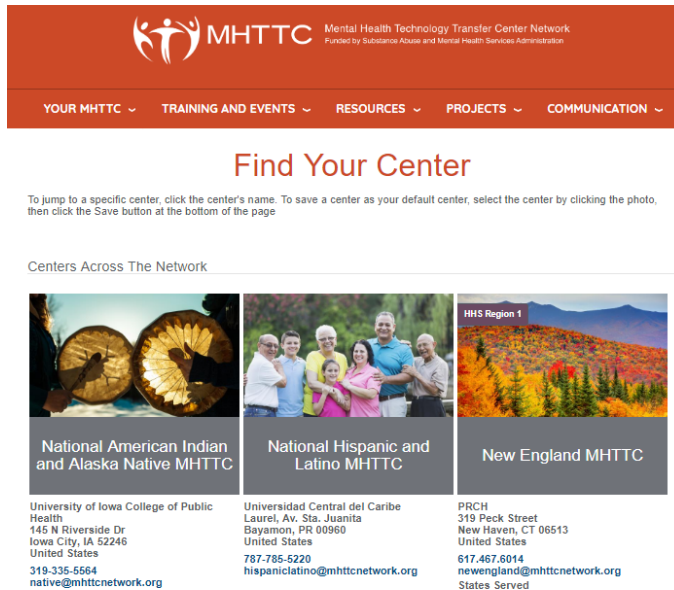
Closing Reminders

Session recordings and other session materials will be shared within a week via email, and posted on our website here:

<https://bit.ly/refugee-asylee-mh>

Resource Highlights and Staying Connected

- Access our resource collection *Resources to Support the Mental Health of Refugees and Asylum Seekers*
<https://mhttcnetwork.org/centers/global-mhttc/resources-support-mental-health-refugees-and-asylum-seekers>



The screenshot shows the MHTTC website header with the logo and navigation menu. Below the header is the 'Find Your Center' section, which includes a sub-header 'Centers Across The Network' and three center cards: National American Indian and Alaska Native MHTTC, National Hispanic and Latino MHTTC, and New England MHTTC. Each card includes a photo and contact information.

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

YOUR MHTTC ~ TRAINING AND EVENTS ~ RESOURCES ~ PROJECTS ~ COMMUNICATION ~

Find Your Center

To jump to a specific center, click the center's name. To save a center as your default center, select the center by clicking the photo, then click the Save button at the bottom of the page.

Centers Across The Network

Center Name	Address	Contact
National American Indian and Alaska Native MHTTC	University of Iowa College of Public Health 145 N Riverside Dr Iowa City, IA 52246 United States	319-335-6564 native@mhttcnetwork.org
National Hispanic and Latino MHTTC	Universidad Central del Caribe Laurel, Av. Sta. Juanita Bayamon, PR 00960 United States	787-785-6220 hispaniciatino@mhttcnetwork.org
New England MHTTC	PRCH 319 Peck Street New Haven, CT 06513 United States	617.467.6914 newengland@mhttcnetwork.org

States Served: CT, ME, MA, NH, RI, VT

- Connect with the MHTTC in your region:
<https://mhttcnetwork.org/centers/selection>

- Follow us on social media @MHTTCNetwork



- Subscribe to our monthly e-newsletter

<https://mhttcnetwork.org/centers/global-mhttc/mhttc-newsletter>



MHTTC

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

SAMHSA
Substance Abuse and Mental Health
Services Administration

Please complete our quick evaluation!

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

Please take a moment to complete a brief survey about today's training.

