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Beyond Traditional Benefits

Prioritizing Refugee and Immigrant Mental Health

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| Complex Trauma

For many refugees and immigrants, mental health is affected by **countless factors simultaneously, including:**

- in-country trauma
- traumatic journey to the United States
- housing insecurity
- job insecurity
- existing anxiety or depression
- PTSD
- language barrier
- Isolation

...and many more.





Refugee Resettlement

- 90 days of services including...
 - Housing
 - Employment support
 - School and ESL enrollment
 - Cultural orientation
 - Assistance with applications for public benefits

Asylum

- While some who have been granted asylum, have LPR, or DACA are eligible for federal programs, **the majority of undocumented immigrants do not qualify for any services.**

EMPOWERED LIVING EXPERIENCE

Traditional Approach

- Federally defined
- Time-limited engagement
- Basic benchmark-driven
- Government-funded

Visionary Model

- Client-driven
- Long-term service/evaluation
- Prioritizes tailored mental health services
- Public and private funding



- **Combat** stigma.
- **Provide** culturally appropriate care.
- **Navigate** barriers to access.



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Combating Stigma



Cultural Considerations

- Religious tradition and observance
- Race and ethnicity
- Gender
- Language and dialect
- Food
- Recreation: music, sports, media, etc.
- Framing of mental health issues

...and many more.





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Navigating Barriers to Access

Common Barriers to Access

- Documentation
- Insurance
- Language
- Location
- Technology
- Employment
- Cost
- Stigma
- Parent/guardian consent





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Q&A



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| Stay in Touch

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THANK YOU!



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