

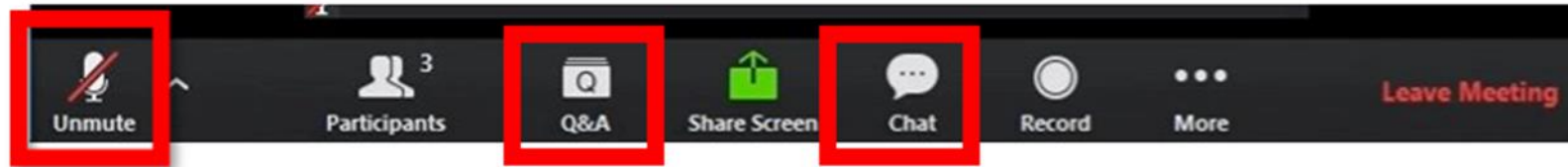


SJLA Learning Series April 2024 Event: Navigating Mental Health Care for Forcibly Displaced Communities

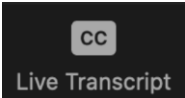
Wednesday, April 24, 2024
12-1 p.m. ET

Thank you for joining! The webinar will begin at the top of the hour.

Asking A Question & Using Closed Captioning



All functions are located at the bottom of your screen

- Ask questions by using the Q&A function (you will **not** be able to unmute). Please indicate if you would like your questions to be anonymous.
- Click  and then select "Show Subtitle" to access closed captioning or "View Full Transcript" to access the transcript.

*If you are experiencing technical difficulties, please send a direct Zoom chat message to Hosts and Panelists.

SJLA Community Norms

- Practice empathy: discussions around social justice and equity touch on sensitive topics that require us all to be understanding of each other's backgrounds and experiences.
- As you participate in today's webinar, please remember to stay committed to openness and learning.
- Insulting, bullying, inflammatory, and offensive language will result in removal from the webinar.



Frequently Asked Questions

- **All Learning Series events are recorded and will be made available to view on demand, along with a copy of these slides, on our SJLA webpage** within 48 hours following the event's conclusion.
- **The SJLA Workbook is not required to participate in the Learning Series.** However, if you are interested in purchasing a copy, it is available on our SJLA website.
- The SJLA Learning Series **is not CEU accredited.**
- **There will not be a certificate of completion for attending the SJLA Learning Series.** However, if you would like proof of attendance for your employer, please email SJLA@thenationalcouncil.org and we would be happy to provide you with an email verification.



Today's Presenter



Leena Zahra, MSc

Program Officer

International Rescue Committee (IRC) and
Center for Adjustment, Resilience
& Recovery (CARRE)

Pronouns: she/her/hers



Description

Currently, more than 110 million people are experiencing forced displacement worldwide due to “persecution, conflict, violence, human rights violations and events seriously disturbing public order” ([UNHCR](#)).

In this SJLA event, we will discuss the impact and challenges of forced migration and displacement on mental health and well-being, including trauma in the context of forced displacement and its impact on integration. We will highlight strategies for providing effective trauma-informed, culturally responsive services to meet families where they are, with practical examples. We will also explore recommended resources and outlets to further engage in this work.



NATIONAL
COUNCIL
*for Mental
Wellbeing*



Learning Objectives

Participants will:

1. Recognize the impact of forced displacement on refugee mental health and well-being.
2. Understand best practices for providers supporting families who have been forcibly displaced.
3. Identify practical resources to facilitate further engagement and skill development.
4. Highlight accessible tools and outlets to best engage in the work.



NATIONAL
COUNCIL
for Mental
Wellbeing



Forced Displacement and Mental Health

Navigating Mental Health Care for Forcibly Displaced Communities - April
2024 SJLA Learning Series



PART 1

Introduction

Overview

1. Introduction to CARRE
2. Provide an overview of the impact of Forced Displacement on mental health and well-being
3. Provider lens (What does this look like in practice?)
4. Resources and outlets to best engage in the work
5. Q&A

Center for Adjustment, Resilience & Recovery



Learning Objectives

Better understanding of the impact of forced displacement on refugee mental health and well-being

Identify how providers can best support families who have been forcibly displaced

Identify practical and tangible resources to facilitate further engagement and skill development

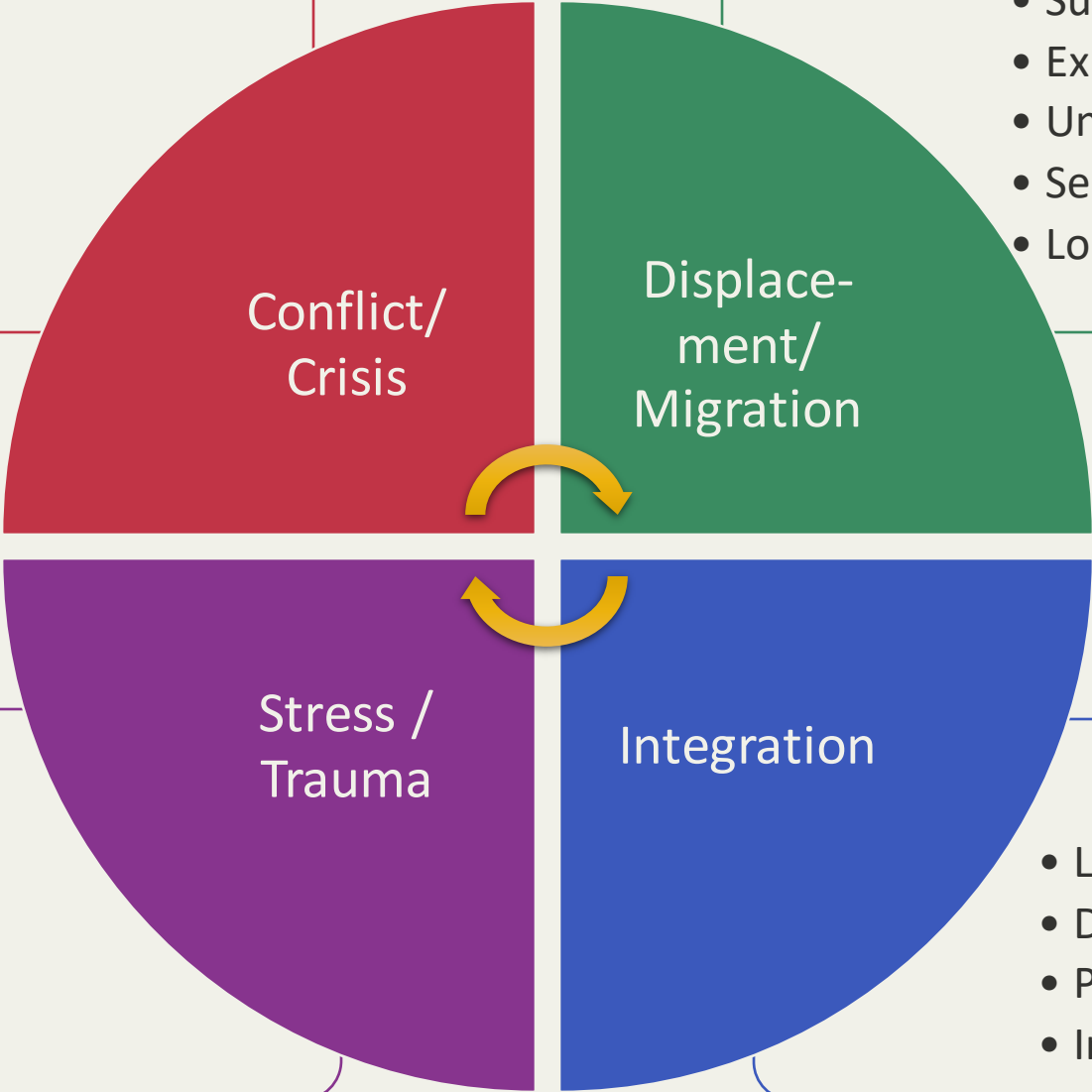
Forced Displacement

Forced Displacement

- Refugee / refugee
 - Someone who is forced to leave their home country and has moved to another country for safety
- Asylum seeker
 - Someone who is forced to leave their home country and is seeking protection in another country for safety
- Asylee
 - An asylum seeker who was granted protection



- Oppression & persecution
- Violence
- Scarcity
- Forced separation



- Survival
- Exploitation
- Uncertainty
- Separation
- Loss of routine

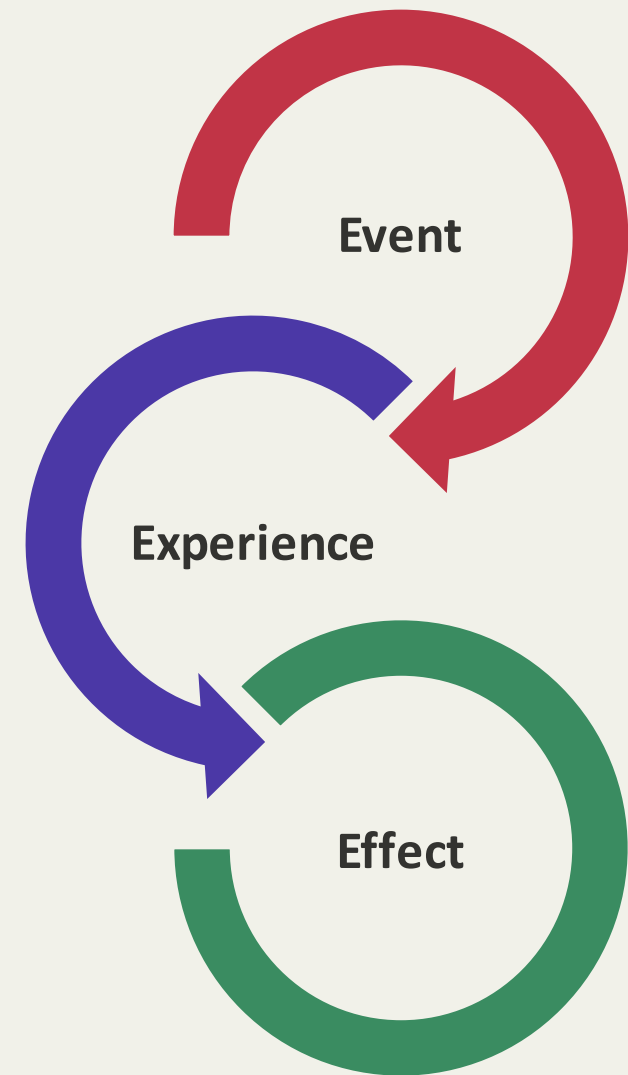
- Domestic violence
- Childhood abuse
- Illness and injury
- Accidents and loss

- Loss of role/ identity
- Disillusionment
- Poverty
- Increased expectations

Forced Displacement & Distress

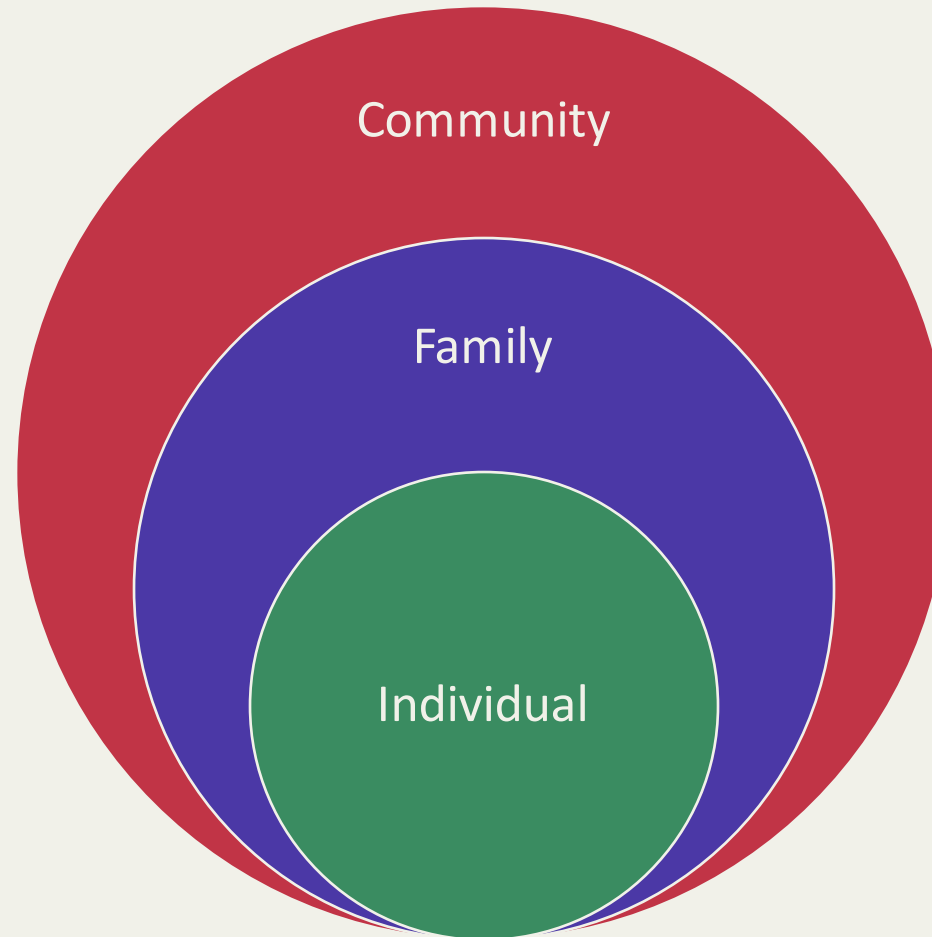
Understanding Trauma

- Common elements of traumatic experiences:
 - Extremely distressing, frightening, or life-threatening
 - Outside of what would be considered “ordinary” or “normal”
 - Often results in feeling overwhelmed, helpless, or out of control or at someone else’s control
 - Negative physical, emotional, psychological, and/or spiritual impacts

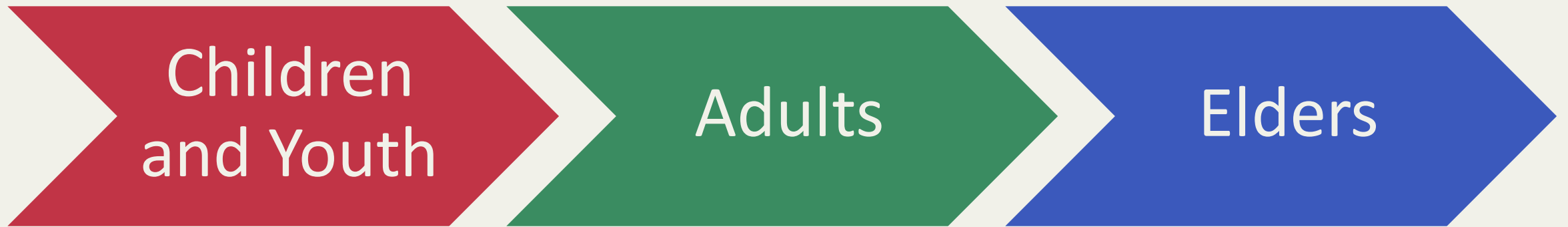


Impact Areas

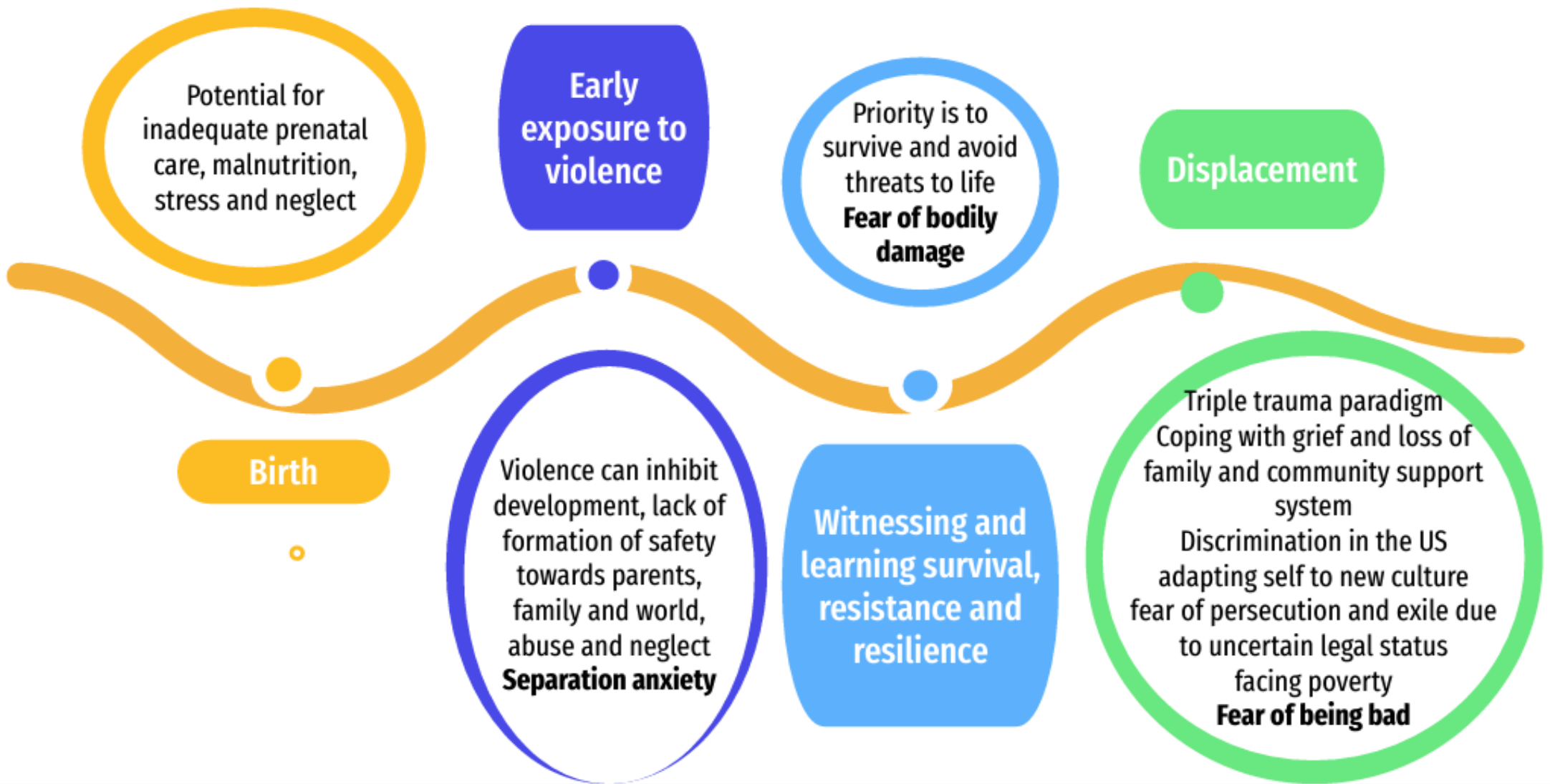
- Physical
- Psychological
- Emotional
- Functional



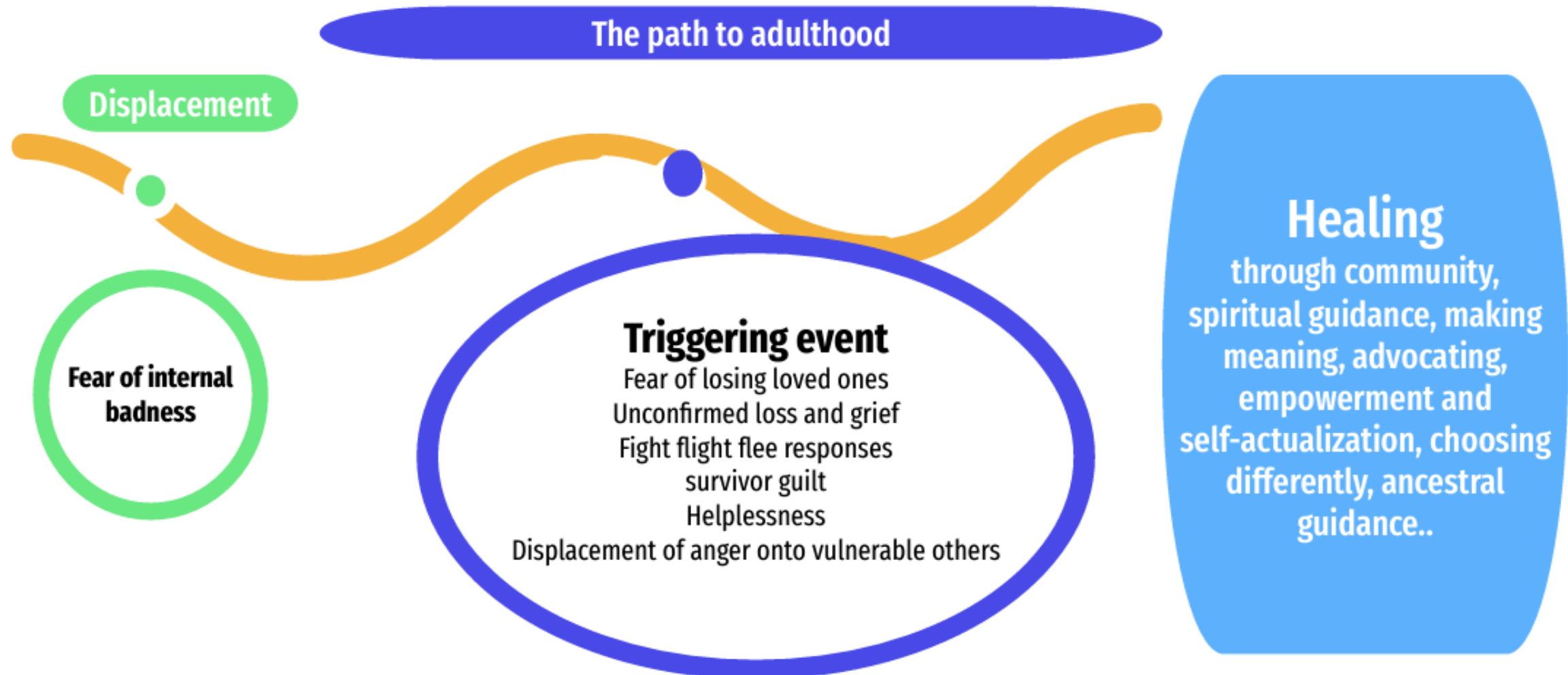
Integration Challenges Across the Lifespan



Timeline of The Forcibly Displaced Child



Timeline of The Forcibly Displaced Child



Provider Lens

Principles of Trauma-Informed Care

Adapted from the Substance Abuse and Mental Health Administration (SAMHSA), "Concept of Trauma and Guidance for a Trauma-Informed Approach"



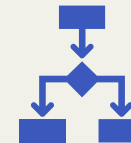
Safety



Trustworthiness
and Transparency



Mutual
Collaboration



Choice



Empowerment

Trauma-Informed Care

Safety	Transparency & Trustworthiness	Choice	Collaboration and Mutuality	Empowerment
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Considering cultural, gender, historical issues

Spiritual safety	Information sharing	Client's voice	Respect for lived experience	Strengths-based
Non-judgmental atmosphere	Appropriate boundaries	Client's definition of what's meaningful	Respect client is best reporter for self and family	Clients know their rights and are encouraged to use them
"Do No Harm"	Clear steps, tasks, and time frames	Client's timeline	Building a shared understanding	Identifying what clients can do for themselves

Culturally Appropriate

Humility

- Where you start
- Interpersonal stance that is open and other oriented;
- Approaches topics curiously and humbly;
- Practices honest reflection and adjusts practices accordingly.

Awareness

- What you need to know to be able to be effective, equitable and ethical;
- Aware of own identities;
- Accepts one's own knowledge is limited.

Responsiveness

- What you need to do to change your practice in response to both humility and awareness;
- Additional learning investments;
- Restructuring processes.

Culturally Appropriate Im, Virginia Partnership (2017)



Cultural Considerations

- Recognize the importance of culturally specific experiences
- Address any assumptions which may be grounded in a cultural value
- Seek to understand the intersection and divergence of culture and religion
- Be mindful of community stigma as related to mental health interpretation
- Identify cultural needs and values that influence goals and services

Linguistically Appropriate

- Terms often do not translate well across contexts and languages
- Describe what you're talking about, rather than using terminology



- Understanding of symptoms – employ curiosity in language and meaning



Emotional



Physical

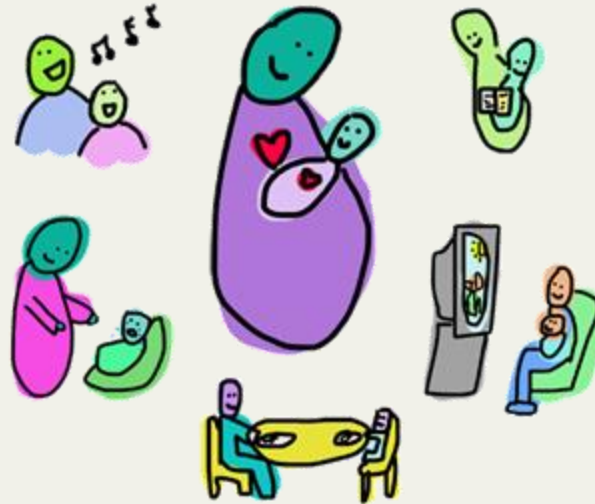


Social



Spiritual

Language Justice: Cultural Adaptation



In Language
Resources

Book/Video
List with
Cultural
Examples

Cultural
Validation

Illustrations
(Pre-literate
groups)

Resources and Outlets

How you can engage in the work

NCTSN and CARRE



The screenshot shows the NCTSN website header with the logo 'NCTSN The National Child Traumatic Stress Network' and a 'GET HELP NOW' button. The navigation menu includes 'WHAT IS CHILD TRAUMA?', 'TREATMENTS AND PRACTICES', 'TRAUMA-INFORMED CARE', 'RESOURCES', and 'ABOUT US'. The main content area features a green banner with the text 'ABOUT CHILD TRAUMA' and a photograph of a woman kissing a young child. Below the banner is a sidebar with a menu: 'ABOUT CHILD TRAUMA' (selected), 'TRAUMA TYPES', and 'POPULATIONS AT RISK'. The main text area is titled 'What Is a Traumatic Event?' and contains the following text:

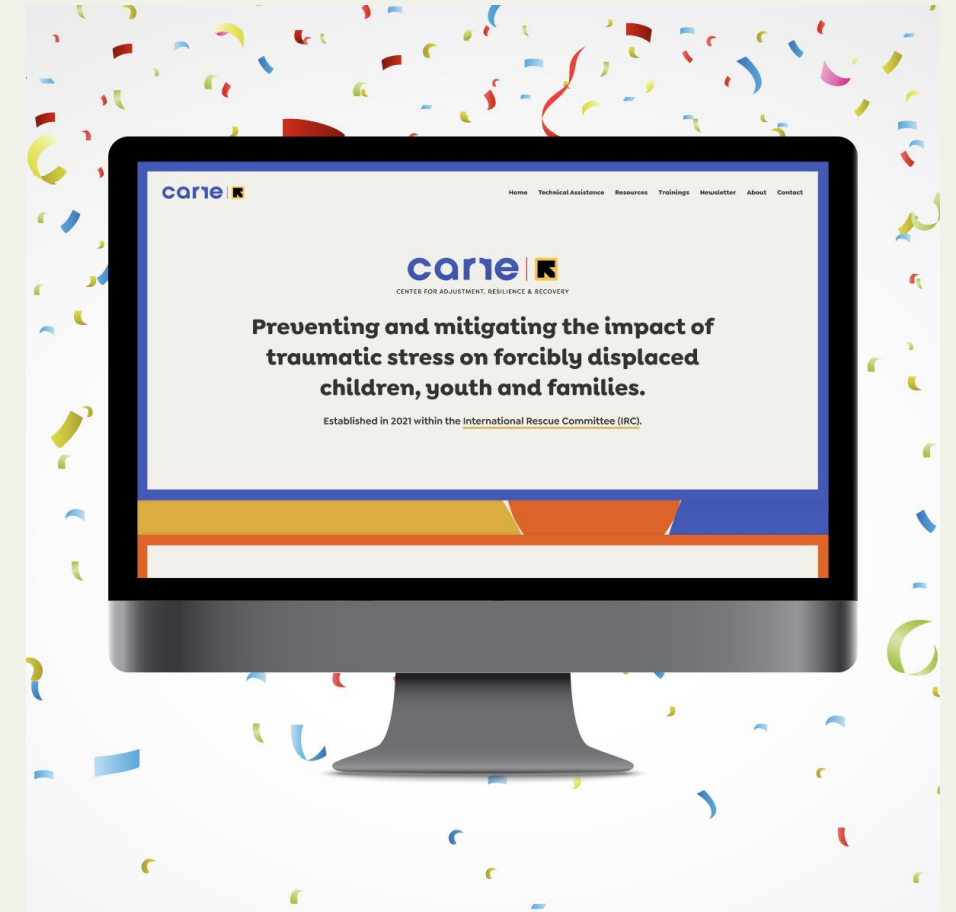
Home > What is Child Trauma? > About Child Trauma

What Is a Traumatic Event?

A traumatic event is a frightening, dangerous, or violent event that poses a threat to a child's life or bodily integrity. Witnessing a traumatic event that threatens life or physical security of a loved one can also be traumatic. This is particularly important for young children as their sense of safety depends on the perceived safety of their attachment figures.

Traumatic experiences can initiate strong emotions and physical reactions that can persist long after the event. Children may feel terror, helplessness, or fear, as well as physiological reactions such as heart pounding, vomiting, or loss of bowel or bladder control. Children who experience an inability to protect themselves or who lacked protection from others to avoid the consequences of the traumatic experience may also feel overwhelmed by the intensity of physical and emotional responses.

Even though adults work hard to keep children safe, dangerous events still happen. This danger can come from outside of the family (such as a natural disaster, car accident, school shooting, or community violence) or from within the family, such as domestic violence, physical or sexual abuse, or the unexpected death of a loved one.



The screenshot shows the CARRE website on a computer monitor. The website header includes the CARRE logo and a navigation menu with 'Home', 'Technical Assistance', 'Resources', 'Trainings', 'Newsletter', 'About', and 'Contact'. The main content area features the CARRE logo and the text: 'Preventing and mitigating the impact of traumatic stress on forcibly displaced children, youth and families.' Below this, it states 'Established in 2021 within the International Rescue Committee (IRC)'. The monitor is surrounded by colorful confetti.

Resources

Cultural Validation and Translation Review Toolkit:

Developing Culturally Responsive and Linguistically Accurate Materials in the U.S.

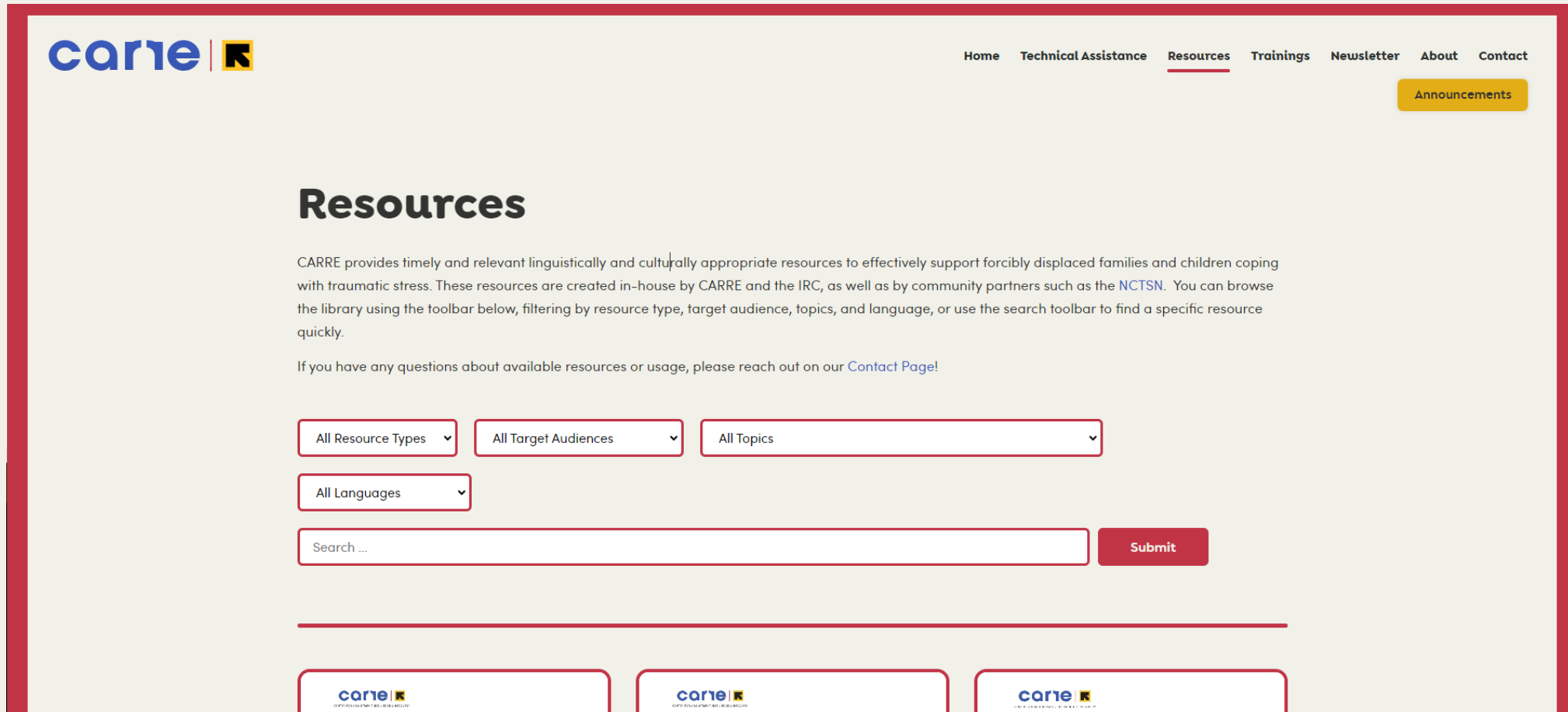


Mental Health & Psychosocial Support Service Mapping


Supporting forcibly displaced people in accessing mental health and psychosocial supports in the United States



Resource Outlets



The screenshot shows the 'Resources' page of the CARRE website. At the top left is the CARRE logo. The navigation menu includes 'Home', 'Technical Assistance', 'Resources' (which is underlined), 'Trainings', 'Newsletter', 'About', and 'Contact'. A yellow 'Announcements' button is located in the top right corner. The main heading is 'Resources'. Below it is a paragraph explaining that CARRE provides linguistically and culturally appropriate resources for forcibly displaced families and children. A toolbar contains four dropdown menus: 'All Resource Types', 'All Target Audiences', 'All Topics', and 'All Languages'. Below the dropdowns is a search bar with the placeholder text 'Search ...' and a red 'Submit' button. At the bottom of the page, there are three small CARRE logos arranged horizontally.

carre | 

Home Technical Assistance Resources Trainings Newsletter About Contact

Announcements

Resources




CARRE provides timely and relevant linguistically and culturally appropriate resources to effectively support forcibly displaced families and children coping with traumatic stress. These resources are created in-house by CARRE and the IRC, as well as by community partners such as the [NCTSN](#). You can browse the library using the toolbar below, filtering by resource type, target audience, topics, and language, or use the search toolbar to find a specific resource quickly.

If you have any questions about available resources or usage, please reach out on our [Contact Page!](#)

All Resource Types ▾ All Target Audiences ▾ All Topics ▾

All Languages ▾

Search ... **Submit**

carre |  **carre** |  **carre** | 

Resource Outlets

NCTSN The National Child Traumatic Stress Network

WHAT IS CHILD TRAUMA? ▼ TREATMENTS AND PRACTICES ▼ TRAUMA-INFORMED CARE ▼ RESOURCES ▼ ABOUT US ▼

GET HELP NOW

ALL NCTSN RESOURCES

Home > Resources > All NCTSN Resources

The following resources on child trauma were developed by the NCTSN. To find a specific topic or resource, enter keywords in the search box, or filter by resource type, trauma type, language, or audience.

Refine

Keyword SUBMIT RESET

RESOURCE TYPE ▼ REFUGEE TRAUMA ▼ LANGUAGE ▼ AUDIENCE ▼ OTHER ▼

ALL NCTSN RESOURCES

TRAINING ▲

INFORMACIÓN EN ESPAÑOL

PUBLIC AWARENESS ▲

NOT LOST IN TRANSLATION
THE CLINICIAN INTERPRETER ORAD
IN THE MENTAL HEALTH SETTINGS

Comprendere il vissuto dei rifugiati
Aspetti utili per la comunità ospitante


carie

Thank You!

Please complete the feedback survey!



A PARTNER IN
NCTSN

A yellow curved line arching over the text.

The National Child
Traumatic Stress Network

Resources

[Cultural Validation and Translation Review Toolkit](#)

[Mental Health and Psychosocial Support Service Mapping](#)

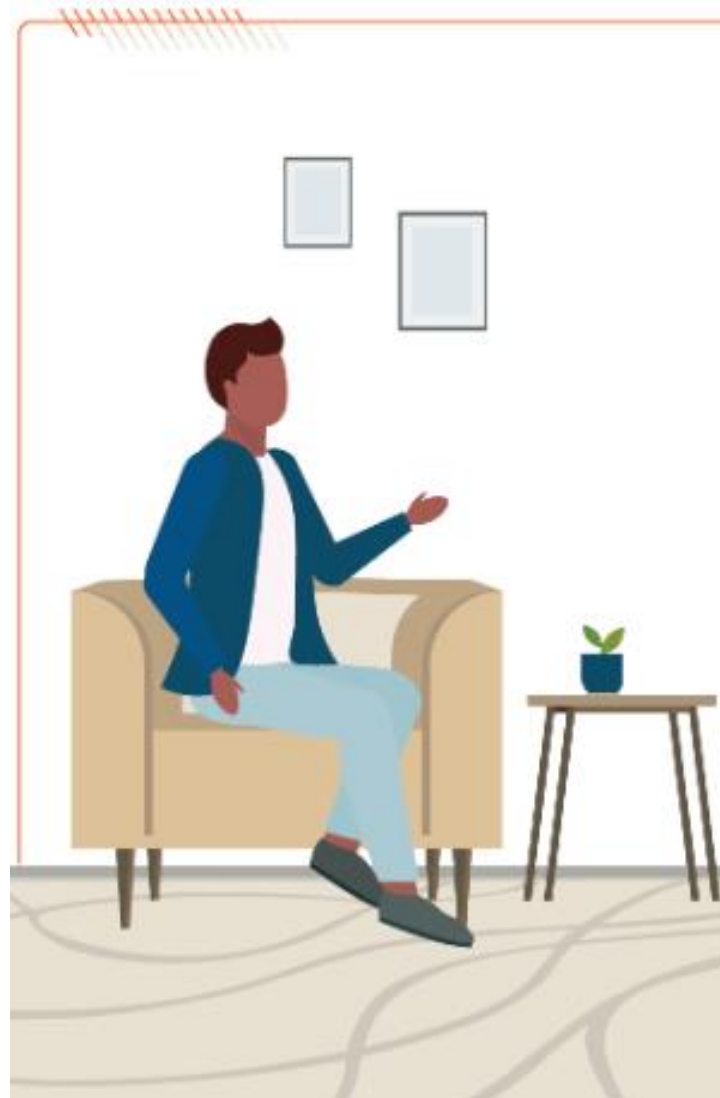
[Improving Cultural Competence](#)

[Helping Children Cope After Coming to a New Country](#)

[The National Child Traumatic Stress Network](#)

[CARRE Resources](#)

[International Rescue Committee](#)



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Q&A and Open Discussion



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SJLA LinkedIn Networking Group

The Social Justice Leadership Academy's (SJLA) LinkedIn Networking Group is a space created for Learning Series participants to connect with one another outside of our monthly events.

This group is intended to serve as a networking hub for individuals seeking to advance social justice within their organizations. By joining this group, you are indicating that you are open to networking with other SJLA participants.



<https://www.linkedin.com/groups/12879319/>

Scan the QR code or click the link above to join!



Social Justice Leadership Academy Learning Series: Upcoming Events

SAVE THE DATE

Bridging the Gap: Engaging Community Organizations and Peer Recovery Specialists in Your Work: Wednesday, May 15, 2024, 12-1 p.m. ET

Register Here: [https://thenationalcouncil-
org.zoom.us/webinar/register/WN_oKjl0wWtSD2b1xCdGCbNFQ](https://thenationalcouncil.org.zoom.us/webinar/register/WN_oKjl0wWtSD2b1xCdGCbNFQ)

**Registration information for these sessions will be sent out to all attendees via email and will additionally be posted on our SJLA Events webpage:

[https://www.thenationalcouncil.org/program/the-social-justice-leadership-
academy/events/](https://www.thenationalcouncil.org/program/the-social-justice-leadership-academy/events/)



Want To Learn More?

The Social Justice Leadership Academy

The Social Justice Leadership Academy

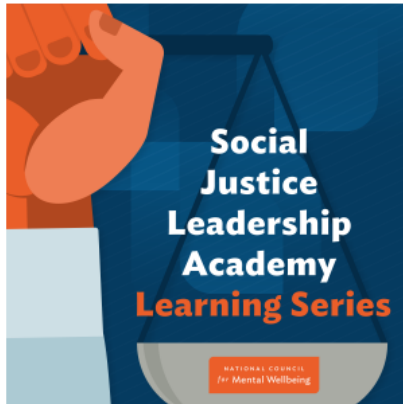
Events

The SJLA Workbook

FAQS & Contact Us

The Social Justice Leadership Academy (SJLA) Learning Series is a free, monthly series of virtual learning events. Topics will include structural and systemic inequities in mental wellbeing, structural and systemic biases, criminal justice reform, applying change management principles to advancing social justice within organizations and more. Learning events will be a mix of informational presentations, workshops and guided discussions.

The SJLA Learning Series is for professionals of all levels who are dedicated to embracing social justice principles to bring equity to communities and systems of care. While we encourage attendees to participate in all events to broaden their knowledge of social justice principles, we understand that attendees may not be able to attend every event.



Each event within the learning series is a standalone presentation within the SJLA content framework to allow attendees to register for as many events as possible as they build their social justice knowledge base at their own pace.

For further learning on topics addressed in the SJLA Learning Series, we recommend the [SJLA Workbook](#), which provides an educational background and self-guided exercises designed to help health care professionals increase their personal and organizational social justice awareness and form action plans for change.

- **Watch FREE recordings of past events**
- **Download resources on SJLA-related topics**
- **Register for upcoming events**
- **Purchase our SJLA Workbook**
- **Contact us!**

<https://www.thenationalcouncil.org/program/the-social-justice-leadership-academy/>



Evaluation

Please provide your feedback on this SJLA Learning Series webinar event at the link below. Scan the QR code or type the URL into your browser.



<https://www.surveymonkey.com/r/SJLA2024Session1>



Thank You!

