

Immigration Status and Trauma



The intersection of immigration status and trauma in the undocumented Latinx Population

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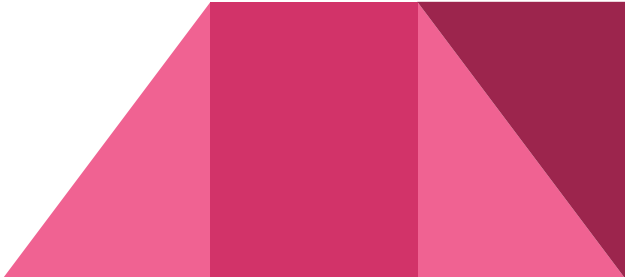
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Immigration Status and Trauma

- 1. Statistics**
 - 2. Mental health risk factors**
 - 3. Barriers to treatment**
 - 4. Cultural Values, Behaviors and Obstacles**
 - 5. Social and Familial Impact of ICE**
 - 6. Preventive/Resilience Factors**
 - 7. Recommendations**
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Why learn about Latinx Experiences, Cultural Values and Behaviors

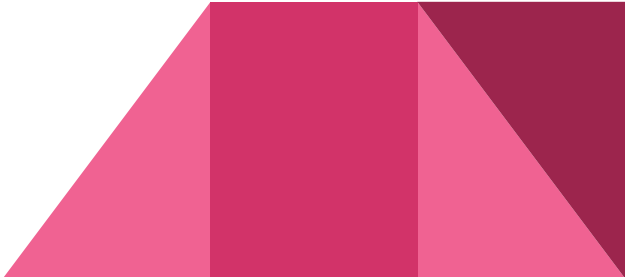
- 50 million Latinos in the USA
- ¼ of all children in the nation are Latino children
- *It is estimated that 1 out of 2 Latinos drop out of mental health programs and services*
- 1 of 5 Latino teens reports symptoms of depression.
- 1 of 4 Latina teens reports having suicidal thinking
- Latinx teens report a rate that is twice as high as that of whites in attempted suicide

US Census & US Department of Health and Human Services



Multicultural Competence

Professional ethics compel counselors, social workers and other human service providers to ensure that their cultural values and biases *do not override those of their clients.*



Mental Health Risk Factors in the Latinx Population in the US

- Culture shock
- Racism
- Family conflicts
- Living away from loved ones



Mental Health Risk Factors in the Latinx Population in the USA

- Traumatic experiences when crossing the border
- Previous traumas
- Financial stress and Poverty
- Increased alcohol and drug abuse in third and future generations



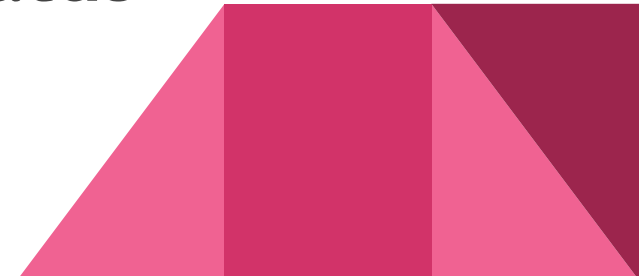
RISK FACTORS (Cont'd)

- Isolation
- Lack of access to quality childcare
- Housing (doubling up)



BARRIERS WITHIN THE SERVICE SYSTEM

- Bilingual/culturally specific services
- Language
- Childcare assistance
- Health insurance
- Lack of resources
- Programs based on social security numbers and immigration status



BARRIERS LATINX FAMILIES ENCOUNTER

- Exploitation at work
- Lack of knowledge of available services
- Distrust of institutions



BARRIERS FACED BY SERVICE PROVIDERS

- Confidentiality within tight-knit community “chisme”
- Trust/Rapport
- Part of a system that is not user friendly



Barriers for Undocumented Latinx Families

- Immigration Status (real or perceived raids)
- Not able to apply for public assistance
 - (Housing, Medicaid, Foodshare, etc)
- Unaware of US systems, laws and rules
- No driver's licenses or Id's



CULTURAL VALUES, BEHAVIORS and OBSTACLES

- Relational Preferences
- Familismo
- Time Orientation
- Fatalismo
- Gender Role Expectations
- Curandería



RELATIONAL PREFERENCES

Simpatia y Personalismo

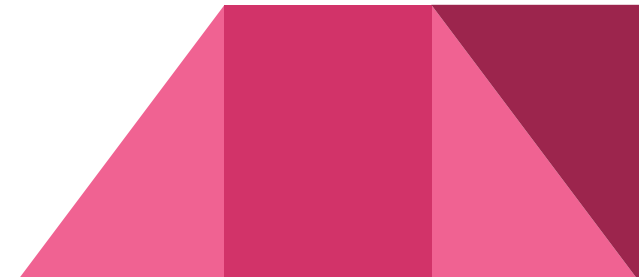
Friendliness & Emphasis on the Person

- Warm and personal interactions that avoid conflict.
- The person comes before rules and
- Supportive over competitive environments.



RESPETO

- Parents, elders, males and authority figures such as priests, teachers or doctors.
- Unacculturated Latinos may present with a “speak to when spoken to” approach and may avoid eye contact.



FAMILISMO

- Family is more important than the individual
- Includes nuclear and extended relatives.
- Boundaries are more flexible



TIME ORIENTATION

- Traditional Latinos have present time orientation as they take care of social and economic survival
- Preference for spontaneity and flexibility with time.



FATALISMO

Belief that a divine providence governs the world and that an individual cannot control or prevent adversity.



Gender Role Expectations

MACHISMO

Antisocial: Men are supposed to drink the most, defend themselves best, dominate their wives and children, command their respect and have many children.

Prosocial: Concern for the people who are vulnerable, health, virtue, dignity in personal conduct and respect for others.



Gender Role Expectations Cont'd

MARIANISMO (Marianism)

Negative aspects:

Moral superiority, understanding, forgiving and self sacrificing for the sake of the family.

Submissive, obedient, dependent.

Positive aspects:

Being dedicated, loving and supportive wife and mother, teaching the children Hispanic culture and religion, social in the community, empathetic and ready to help those in need.



Folk Healing Practices

Curandero -healer

Believed to have supernatural powers, as illness is caused by evil spirits, a lesson from God, or a curse.



Impact of ICE threats

- Lack of trust in community services
- Increase unreported crime
(Domestic Violence, Sexual Abuse)
- Increased detention costs
- Disruption of family structure
- Additional need for social services



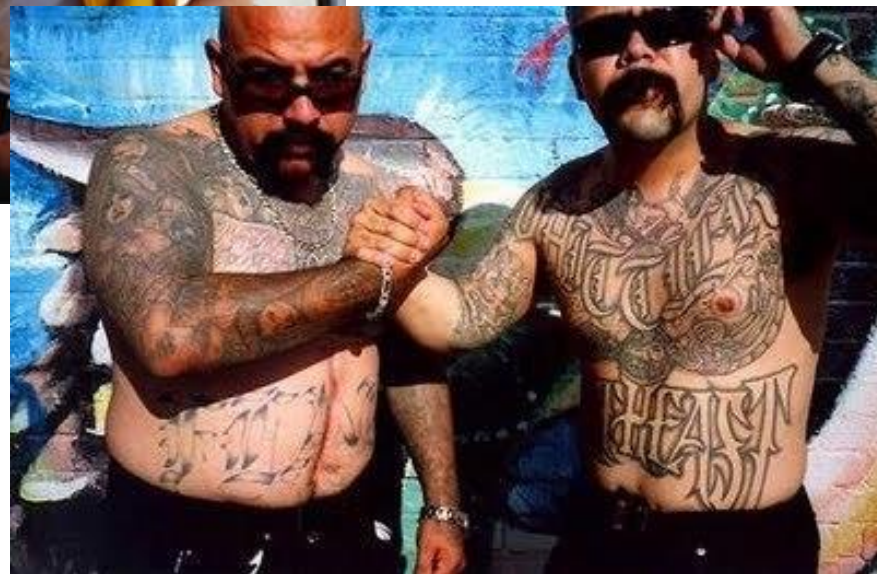
CHILDREN OF DEPORTED PARENTS

- Family in crisis (ICE threats, indifference)
- Children could be placed into custody of foster care or other relatives
- Children need documentation to be with their parents
- Children suffering reverse culture shock



Do
I Look
“ILLEGAL”?








Preventive Factors/Resiliency

Latinos value for community and family support

- Lower rates of severe mental illness but higher rates of depression and PTSD
- Flexible boundaries: help with finances, child care, emotional support, company, advice

Religion can be a preventive factor


- Faith and meaning
 - Praying
 - Attending Retreats
 - Church creates a sense of community
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RECOMMENDATIONS FOR WORKING WITH LATINO CLIENTS

- Demonstrate interest in the client's life
- Learn the language or a few words in Spanish
- Some mutual self-disclosure is expected



RECOMMENDATIONS FOR WORKING WITH LATINO CLIENTS

- Use a tone of acceptance that avoids confrontation
 - Explain the process of how you are going to help
 - **Spend time building rapport**
 - Try to accommodate for late arrivals.
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RECOMMENDATIONS FOR WORKING WITH LATINO CLIENTS

- Provide child care if possible
- Offer sliding-scale fees/explain financial aid process
- Use interpreters with cultural knowledge and training.



interpreter



translator

RECOMMENDATIONS FOR WORKING WITH LATINO CLIENTS

- **DO NOT USE CHILDREN**
- Do not use employees



How can we support families and children in matters of immigration?

- Applying for documented status is not usually an option
- Help families plan in advance
- Connect to Latino community groups and networks, and learn who to call for help



Q&A

