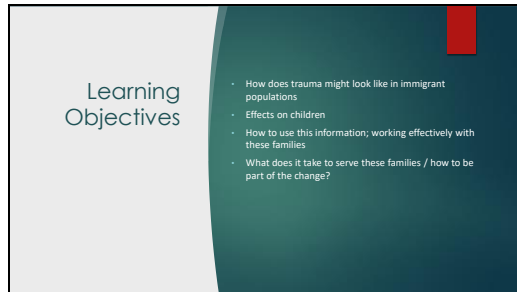


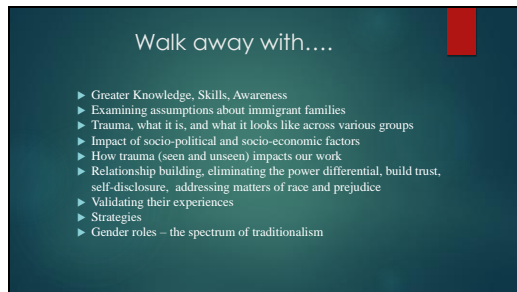
Slide 1



Slide 2



Slide 3



Slide 4

Immigrant Families


- ▶ One in seven U.S. residents is an immigrant, while one in eight residents is a native-born U.S. citizen with at least one immigrant parent.
- ▶ In 2018, 44.7 million immigrants (foreign-born individuals) comprised 14 percent of the national population.
- ▶ The United States was home to 21.9 million women, 20.3 million men, and 2.5 million children who were immigrants.
- ▶ The top countries of origin for immigrants were Mexico (25 percent of immigrants), India (6 percent), China (5 percent), the Philippines (4 percent), and El Salvador (3 percent).
- ▶ In 2018, 39.4 million people in the United States (12 percent of the country's population) were native-born Americans who had at least one immigrant parent.

The American Immigration Council

Slide 5

Trauma and immigrants

- ▶ Loss of identity and familiarity
- ▶ Lack of resources to help them cope in a new environment.
- ▶ Children of immigrants tend to show higher rates of anxiety and depression.



Slide 6

Additional risk factors...

- Immigration Experience
- Anti-Immigration Discrimination
- History of Civil War or Oppressive Dictatorship
- Estrangement from family & country of origin
- Culture-Related Intergenerational Conflicts

Slide 7

Acculturation

- ▶ Cultural modification of an individual, group, or people by adapting to or borrowing traits from another culture

Slide 8

Who am I... who are we?

- Immigrant families are already adjusting to a significant change
 - Leaving their country of origin
 - Customs & traditions
 - Family
 - generations



Slide 9

Pressure to assimilate....

- ▶ The process through which individuals and groups of differing heritages acquire the basic habits, attitudes, and mode of life of an embracing culture.



Slide 10

Children are already developing their identities, which presents with its own challenges

Slide 11


Furthermore, their country of origin may be experiencing collective trauma such as war, oppression, economic hardship, and other forms of injustice

Slide 12

Intergenerational trauma / Transgenerational trauma

Intergenerational / transgenerational trauma affects one family. While each generation of that family may experience its own form of trauma, the first experience can be traced back decades.

Transgenerational trauma:
Grandmother → Mother → Daughter



Slide 13


Three types of trauma...

- Acute trauma results from a single incident.
- Chronic trauma is repeated and prolonged such as domestic violence or abuse.
- Complex trauma is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.

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Trauma can be passed on through parenting practices, behavioural problems, violence, harmful substance use and mental health issues.

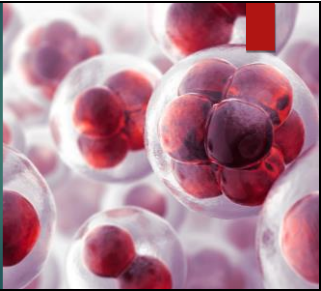
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A glowing blue brain is shown from a top-down perspective, held gently in two hands. The brain is illuminated with a bright blue light, and the hands are shown in a dark, shadowed environment, making the brain the central focus.

Slide 16

Epigenetics

The study of how your behavior and environment can cause changes that affect the way your genes work.



Slide 17



Slide 18




What does trauma look like in children?

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Common Symptoms...

- ▶ Anxiety
- ▶ Depression
- ▶ Withdrawal
- ▶ Acting out
- ▶ Insomnia
- ▶ Over-Compensating
- ▶ Substance abuse
- ▶ Promiscuity
- ▶ Disproportionate anger
- ▶ Self-harm
- ▶ Aggression
- ▶ Psychosis



Slide 20

Effects on Children are compounded by...

- Poverty
- Inadequate housing
- Single-parent families
- Substance abuse problems
- Stress related to acculturation and discrimination
- Lower levels of education
- Cultural history of oppression

(The Workgroup on Adapting Latino Services, 2008)

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Trauma...

- ▶ Extreme stress that overwhelms a person's ability to cope.
- ▶ There are no clear divisions between stress, trauma, and adaptation.

▶ Annual Conference of the Maryland Mental Hygiene Administration, "Trauma in Prevention: Prevention across DSM's Spectrum," May 2008. Esther Glick

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Impact of Trauma

- ▶ Effects on the individual
- ▶ Effects on relationships
- ▶ Effects on development
- ▶ Effects on society

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Trauma...

Trauma is defined by the American Psychological Association (APA) as "the emotional response someone has to an extremely negative event."

While trauma is a **normal** reaction to a horrible event, the effects can be so severe that they interfere with an individual's ability to live a normal life.

Slide 24

Let's know the difference

<ul style="list-style-type: none">▶ Trauma▶ Falls on a continuum▶ Affects nearly all of us▶ Great variability across individuals	<ul style="list-style-type: none">▶ PTSD (Post-Traumatic Stress Disorder)▶ A psychological diagnosis▶ Focus is on treatment▶ Clinically significant
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Slide 25

Post-Traumatic Stress Disorder (PTSD)

- Criterion A
 - A. The person was exposed to death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, as follows:
 1. Direct exposure
 2. Witnessing, in person

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Post-Traumatic Stress Disorder (PTSD)

CRITERION A (CONTINUED)

- 3. INDIRECTLY BY LEARNING THAT A CLOSE RELATIVE OR CLOSE FRIEND WAS EXPOSED TO DEATH OR TO A THREATENED DEATH THAT WOULD BE VIOLENT OR ACCIDENTAL
- 4. REPEATED OR EXTENSIVE INDIRECT EXPOSURE TO DISTRESSING ASPECTS OF THE EVENT(S), USUALLY IN THE COURSE OF PROFESSIONAL DUTY (E.G., FIRST RESPONDER, POLICE OR JOURNALIST), PROFESSIONAL SERVICES, OR FREEDOM-FIGHTING, OR REPEATED EXPOSURE TO DEATHS OF CHILDREN, THROUGH MESSAGES, IMAGES, OR SOUND RECORDINGS, THROUGH TELEVISION, RADIO, MOVIES, NETWORKS, OR PHOTOS

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Post-Traumatic Stress Disorder (PTSD)

B. INTRUSION SYMPTOMS (1/5 SYMPTOMS NEEDED)

- 1. RECURRENT, INVOLUNTARY AND INTRUSIVE RECOLLECTIONS
 - CHILDREN MAY EXPRESS THIS SYMPTOM IN REPEITIVE PLAY
- 2. TRAUMATIC NIGHTMARES
 - * CHILDREN MAY HAVE DISTURBING DREAMS WITHOUT CONTENT RELATED TO TRAUMA

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PTSD (criterion B continued...)

- 3. Dissociative reactions (e.g. flashbacks) which may occur on a continuum from brief episodes to complete loss of consciousness * children may re-enact the event in play
- 4. Intense or prolonged distress after exposure to traumatic reminders
- 5. Marked physiological reactivity after exposure to trauma-related stimuli

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Post-Traumatic Stress Disorder (PTSD)

C. PERSISTENT AVOIDANCE OF STIMULI ASSOCIATED WITH THE TRAUMA AFTER THE EVENT (1/2 SYMPTOMS NEEDED):

1. TRAUMA-RELATED THOUGHTS OR FEELINGS
2. TRAUMA-RELATED EXTERNAL REMINDERS (E.G. PEOPLE, PLACES, CONVERSATIONS, ACTIVITIES, OBJECTS OR SITUATIONS)

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Post-Traumatic Stress Disorder (PTSD)

D. NEGATIVE ALTERATIONS IN COGNITIONS AND MOOD THAT ARE ASSOCIATED WITH THE TRAUMATIC EVENT (2/7 SYMPTOMS NEEDED):

1. INABILITY TO RECALL KEY FEATURES OF THE TRAUMATIC EVENT (USUALLY DISSOCIATIVE AMNESIA; NOT DUE TO HEAD INJURY, ALCOHOL OR DRUGS)
2. PERSISTENT (& OFTEN DISTORTED) NEGATIVE BELIEFS AND EXPECTATIONS ABOUT ONESELF OR THE WORLD (E.G. "I AM BAD," "THE WORLD IS COMPLETELY DANGEROUS")
3. PERSISTENT DISTORTED BLAME OF SELF OR OTHERS FOR CAUSING THE TRAUMATIC EVENT OR FOR RESULTING CONSEQUENCES

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Post-Traumatic Stress Disorder (PTSD)

- ▶ *Criterion D, continued...*
- ▶ 4. Persistent negative trauma-related emotions (e.g. fear, horror, anger, guilt, or shame)
- ▶ 5. Markedly diminished interest in (pre-traumatic) significant activities
- ▶ 6. Feeling alienated from others (e.g. detachment or estrangement)
- ▶ 7. Constricted affect: persistent inability to experience positive emotions

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Post-Traumatic Stress Disorder (PTSD)

- E. Alterations in arousal and reactivity that are associated with the traumatic event (2/6 symptoms needed)
- 1. Irritable or aggressive behavior
- 2. Self-destructive or reckless behavior

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Post-Traumatic Stress Disorder

- *Criterion E (continued):*
- 3. Hypervigilance
- 4. Exaggerated startle response
- 5. Problems in concentration
- 6. Sleep disturbance

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Post-Traumatic Stress Disorder (PTSD)

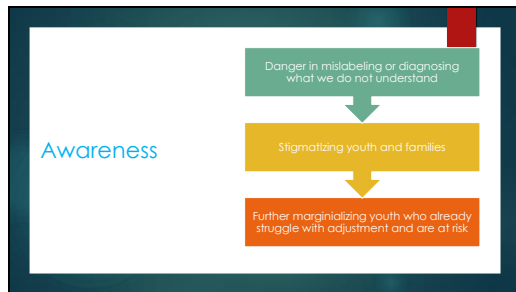
- F. Persistence of symptoms (in Criteria B, C, D and E) for more than one month
- G. Significant symptom-related distress or functional impairment
- H. Not due to medication, substance or illness

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**PTSD
Dissociative subtype**

- Meets PTSD diagnostic criteria
- Experiences additional high levels of depersonalization or derealization
- Dissociative symptoms are not related to substance use or other medical condition

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We judge what we do not understand

Slide 38

Becoming effective with families:

- ▶ Understanding their worldview
- ▶ Strength-based approach (identify their resilience)
- ▶ Emphasis on relationship and their experience of family
- ▶ Cultural identity / acculturation issues
- ▶ Religious beliefs; use of proverbs and "cuentos"
- ▶ Share your experiences
- ▶ Don't make assumptions
- ▶ Be supportive and nonjudgmental
- ▶ Ask for what they need
- ▶ Listen
- ▶ They are the experts on their family!

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A word on self-care...

Self-Care is KEY when serving these families!

- ▶ We are more effective when we take care of ourselves
- ▶ Have good boundaries
- ▶ Understand that you cannot help everyone
- ▶ Good role-modeling
- ▶ Impact is far greater when you are healthy!



TAKE CARE
OF YOURSELF

Slide 40

