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IMMIGRATION ADVOCACY

How to Respond to Trauma and Fear



13,300 children who arrived alone or removed from their parent are detained across the US.



2.9 million American children live with an undocumented adult.

Children removed from their families suffer with "toxic stress" symptoms.



Approximately 5,000 U.S. citizen children in foster care had a detained or deported parent in 2011.



American Immigration Council, 2018
John Moore/Getty Images News/Getty Images



CNN, 2018



Immigration Toolkit

Our purpose

Stories of family separation at the U.S. border have not only created a national outcry but have also unsettled many immigrant and refugee children and families living in Santa Clara County who are experiencing fears of deportation and family separation and exhibiting signs and symptoms of trauma. The research on trauma is abundantly clear: trauma has a serious negative impact on physical and behavioral health, even impacting the brain development of young children.

This toolkit is intended as a resource for professionals working with our impacted immigrant and refugee communities in order to recognize trauma, offer helpful support and linkage to responsive resources.

WHAT IS TRAUMA?

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.

The National Child Traumatic Stress Network, 2018



John Moore/Getty Images News/Getty Images

The Mental Health First Aid Action Plan

How to help someone experiencing a mental health crisis

A ssess for risk of suicide or harm*

L isten nonjudgmentally

G ive reassurance and information

E ncourage appropriate professional help

E ncourage self-help and other support strategies



Meet Algee, the Mental Health First Aid mascot and mnemonic for the 5-step action plan.

*Call 911 when anyone is at imminent risk of self-harm.
The National Council for Behavioral Health, 2018

Paula Bronstein/Getty Images News/Getty Images

TRAUMA STRESS SIGNS AND SYMPTOMS IN CHILDREN

- Intense and ongoing emotional upset (terror, helplessness, fear)
- Physiological reactions such as heart pounding, vomiting, or loss of bowel or bladder control, aches and pains
- Depressive symptoms or anxiety
- Behavioral changes
- Difficulties with self-regulation
- Problems relating to others or forming attachments
- Regression or loss of previously acquired skills
- Attention and academic difficulties
- Nightmares, difficulty sleeping
- Difficulty eating
- Drugs or alcohol use
- Behave in risky ways, or engage in unhealthy sexual activity

The National Child Traumatic Stress Network, 2018

John Moore/Getty Images News/Getty Images



Bob Owen, Houston Chronicle

WAYS TO HELP TRAUMATIZED CHILDREN & THEIR CAREGIVERS

SUPPORTING CHILDREN

- Understand that children react in many different ways
- Ask them about what happened and listen
- Be aware of your own responses
- Use a calm, soothing tone of voice
- Allow for play and fun
- Set up routines
- Don't insist on regular meals but do have snacks handy
- Provide them with decisions they can make
- Assure them their feelings are normal
- Help them get physical exercise
- Reassure them periodically
- Make sure the child doesn't jump to conclusions
- Offer physical comfort if the child asks or allows for it
- Make sure the child gets rest and sleep
- Intervene if anything provokes the child
- Provide supervision
- Seek professional help if the child presents with any risk behaviors that threaten safety for him/her or others

The National Child Traumatic Stress Network, 2018

SUPPORTING CAREGIVERS

- Ask them what happened and listen
- Encourage them to list what they need
- Help them to identify their sources of support
- Assist with self-care needs
- Ask them about coping skills that have worked in the past
- Help them to spend time in a safe and comfortable place
- Seek professional help if needed
- Provide them with linkage to resources across various life domains

◆ **Remember**

Trauma exposure can remain predictive of psychological distress five years or more after migration.

◆ **Important point**

The most important question to ask is "What happened to you," rather than "What's wrong with you?"



Hans-Maximo Musielik/AP

RESOURCES

The following resources are for professionals to access in support of children and families experiencing trauma in relation to immigration issues. This list includes examples of Bay Area resources and is non-exhaustive.

BASIC NEEDS (FOOD, CLOTHING, SHELTER)

1. Sacred Heart: (408) 278-2160; www.sacredheartcs.org
2. St. Vincent de Paul Santa Clara County: (408) 249-2853; www.svdpc.org
3. Community Services Agency (CSA): (650) 968-0836; www.csacares.org

SAFETY (FAMILY VIOLENCE PREVENTION AND SUPPORT)

1. YWCA: (408) 295-4011; 24/7 Support Line: 1 (800) 572-2782
2. Next Door Solutions: (408) 501-7550; www.nextdoor.org
3. AACI Women's Home: 24/7 Hotline (408) 975-2739; www.dv.aaci.org

LEGAL

1. Services, Immigrant Rights, and Education Network (SIREN): (408) 453-3003
Spanish: (408) 453-3017; www.siren-bayarea.org

RELOCATION/HOUSING

1. Casa De Clara Emergency Shelter to Women and Children: (408) 297-8330; www.stjules.org
2. Family Supportive Housing: (408) 926-8885; www.familysupportivehousing.org

BEHAVIORAL HEALTH

1. Santa Clara County Behavioral Health Call Center Hotline open 24/7: 1 (800) 704-0900
2. National Alliance on Mental Illness (NAMI) Hotline open 24/7: 1 (800) 273-8255
<https://suicidepreventionlifeline.org/>



Top left, clockwise: Patrick T. Fallon/Reuters; David McNew/Getty Images; <https://undocu.berkeley.edu/>; Reuters, Washington



Eugene Garcia/EPA-EFE)

RESOURCES CONT.

The following resources are for professional to access in support of children and families experiencing trauma in relation to immigration issues.

VOCATIONAL/JOB SUPPORT

1. National Immigration Law Center Resources for Workers'
Rights: www.hilc.org/issues/workersrights

2. The Katherine + George Alexander Community Law Center (KGACLA): <https://law.scu.edu/kgacalc/workers-rights/>

HEALTHCARE SERVICES AND HEALTHCARE COVERAGE ENROLLMENT & INFORMATION

1. Community Health Partnership (CHP): (408) 556-6605; www.chpscc.org

2. Community Health Partnership Health Coverage: (408) 579-6026

EMERGENCY PSYCHIATRIC RESPONSE

1. Suicide and Crisis 24/7 Hotline: 1 (855) 278-4204

2. Child-Adolescent Mobile Crisis 24/7: (408) 379-9085

GENERAL RESOURCES

1. Day Worker Center of Mountain View: (650) 903-4102; info@dayworkercentermv.org

2. First Five Family Resource Centers: (408) 893-1840; www.first5kids.org/frc/

3. Asian Americans for Community Involvement (AACI) Community Support for health, recovery, and emergency shelter: (408) 975-2730; www.aaci.org; info@aaci.org

4. Gardner Health Services: (408) 457-7100; www.gardnerfamilyhealth.org/contact

5. Indian Health Center of Santa Clara Valley Community Support for health, nutrition, and wellness (408) 445-3400; www.indianhealthcenter.org



Business Insider, 2018



Johnny Hanson, Houston Chronicle