

Working with Newcomer Families

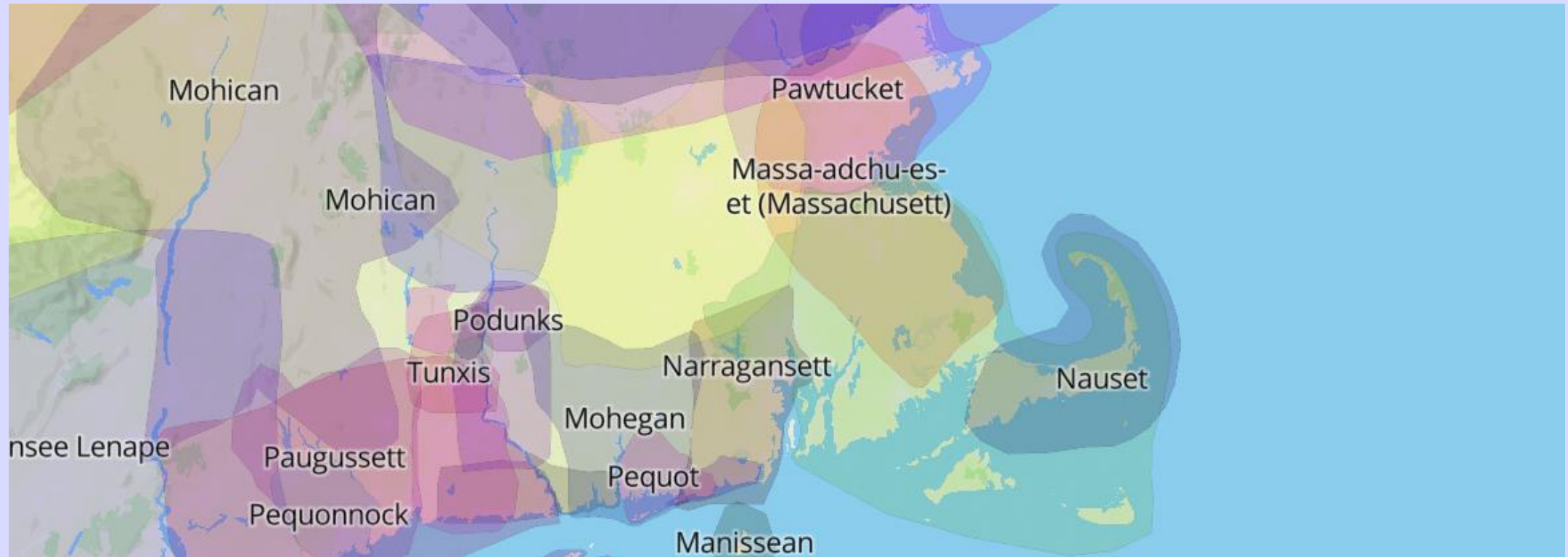
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Land Acknowledgement



Im/migration



Pathways Newcomer Families Have Travelled

- Immigrant
- Asylum Seeker
- Refugee
- Undocumented
- Mixed Status Families

Stressors Facing Immigrant Families



- [PollEv.com/joelletaknin072](https://pollev.com/joelletaknin072)
- Or TEXT [JOELLETAKNIN072](https://pollev.com/joelletaknin072) to [22333](https://pollev.com/joelletaknin072) to join the session, then text your response

Strengths & Resilience Factors

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Common Stressors

Discrimination

- Based on race, ethnicity, religion, national identity, accented language, etc.
- Intersecting factors (e.g., gendered racism — see Szymanski & Lewis, 2015)
 - Anti-black racism x islamophobia x sexism
- Types (Scott, 2007)
 - Institutional
 - Collective
 - Cultural
 - Interpersonal (Kids: from peers & adults — *different impacts*)

Legal/Status Related

- ~~Public Charge~~
- ICE
- System navigation
- Underemployment/employment abuse
- Fear of family separation
- \$\$\$



Acculturation & Enculturation

Acculturation & Enculturation (Berry, 1994)

Acculturation

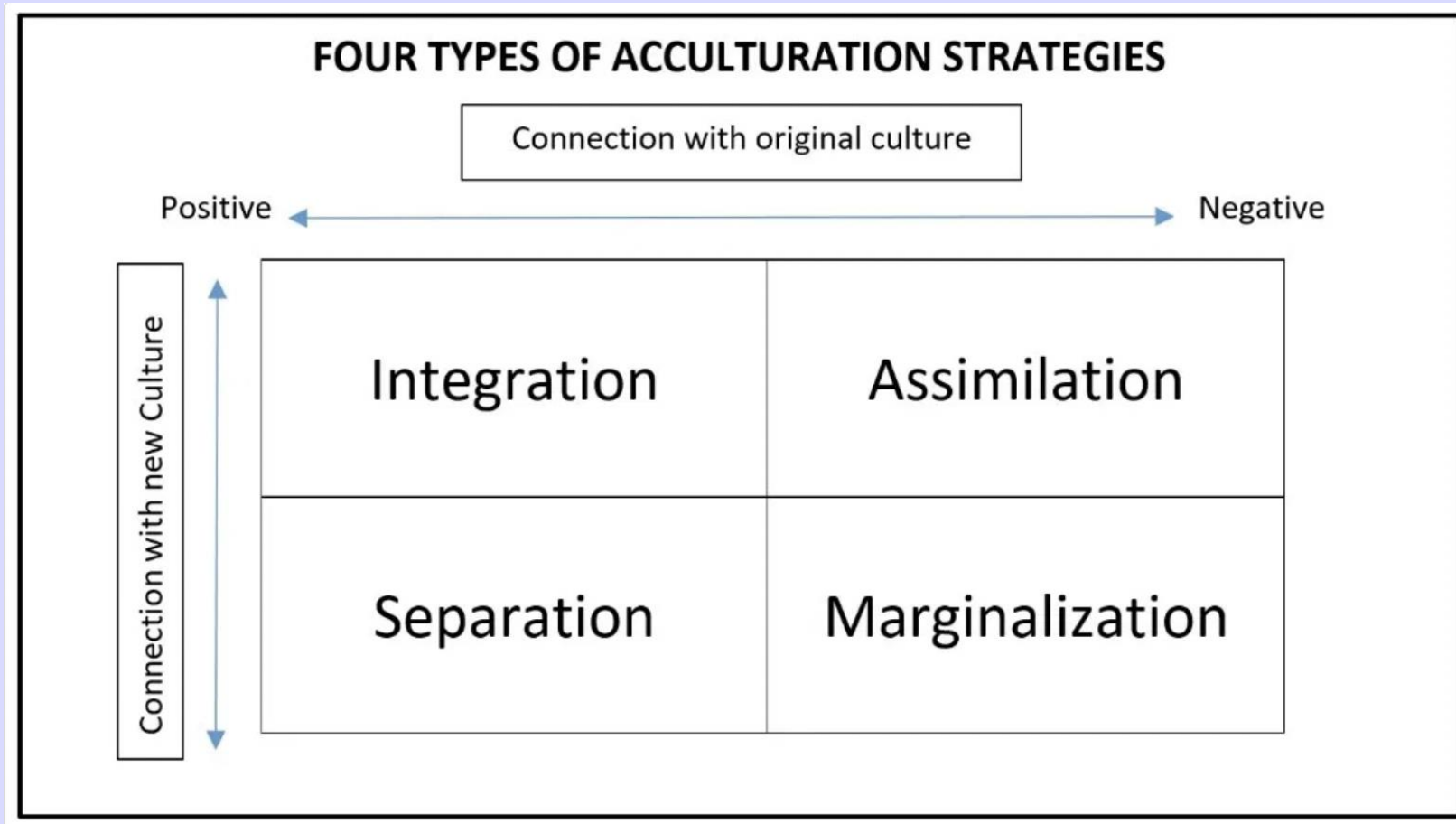
- Psychological changes associated with adaptation to the new cultural group

Enculturation

- Socialization to cultural heritage group



Acculturation & Enculturation



Acculturation Gaps



- Linguistic acculturation gaps → **Language Brokering** -- risk + protective factor for adolescent mental health (Kim et al., 2020)
- **Family conflict** → increases risk of depression and other poor mental health outcomes (Hweng, 2016)

Case Example

- Amir is a 10 year old cisboy referred to mental health by his pediatrician. He is the oldest of 3 children. His father immigrated 2 years ago to the US from Iran. His father, Reza, came on a tourist visa and then applied for asylum. Their legal case is still pending. The rest of the family did not come to the US until last year. His parents Jaleh and Reza are concerned that Amir is not engaged in school, not listening at home, and doesn't want to play with other kids in his neighborhood.
 - What stressors might Amir be facing at school, in his neighborhood?
 - What acculturative family dynamics may be at play at home?
 - How might you want to support this family?

Supporting Families

Supporting Families with Legal/Status Stressors

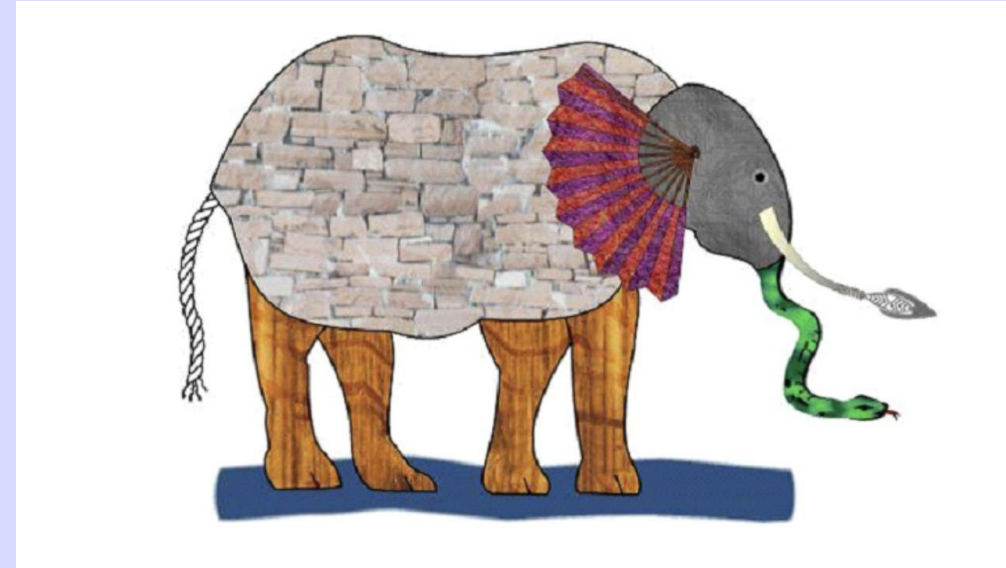
- Information is power!
- Clear identification of role – relation to government agencies
- Transparency re: what is documented in the medical record
- Planning:
 - **Know Your Rights:**
https://www.bmc.org/sites/default/files/Patient_Care/Specialty_Care/IRHP/Red-Cards_Immigrant-Legal-Resource%20Center%20%20ILRC.pdf
 - **Family Preparedness Plans:**
https://www.bmc.org/sites/default/files/Patient_Care/Specialty_Care/IRHP/family_preparedness_plan.pdf
 - **Refugeeography:**
<https://www.google.com/maps/d/viewer?mid=1RAAesnJToVJsdYaeSxDdU7OfCvY&ll=42.16760086548081%2C-72.09092860000004&z=8>
 - **IRHC Case Management Resource Guide:**
<https://www.bmc.org/sites/default/files/programs/IRHC%20Resource%20Guide.pdf>

Supporting Families with Discrimination

- Open up the conversation – Sadly these experiences are common, they hurt, and this is a place where we can talk about it if that might be helpful
- Help parents and kids to think about whether connecting with other people who share an aspect of identity (nationality, religion, ethnicity) may be helpful
 - Identify spaces for belonging and affirmation
 - Group affirmation is a big protective factor against the negative effects of discrimination on psychological distress (Branscombe et al., 1999)
- Remember immigrant parents who were in a majority group in their home country may be experiencing a change in social status and discrimination for the first time alongside their children

Supporting Families with Acculturative Stress

- Check in with families about how dynamics in their families have changed since migration
 - Normalize these experiences
 - Identify family strengths – people who move to a new country to start life again have a lot of internal strengths already
 - Support parents to support kids:
 - Discuss the importance for parents of active listening, understanding different perspectives, and providing emotional validation for children before offering solutions



When to refer for specialist care

- Concern about parent's psychological distress – provide psychoeducation, identify where parents seek support, offer options for connections to medical and mental health care as needed
 - When the experience of immigration is affecting someone's health and well being BMC's Immigrant and Refugee Health Center can provide specialist care
- Family conflict at the root of child's distress – consider referral for family therapy
- Family has legal needs
 - CAIRN

References

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- Berry, J. W. (1997). Immigration, acculturation, and adaptation. *Applied psychology*, 46(1), 5-34.
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Discussion, Questions, Ideas, etc!

Thank you!

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