



NATIONAL REGISTER  
OF HEALTH SERVICE PSYCHOLOGISTS

# CLINICAL WEBINARS

## FOR HEALTH SERVICE PSYCHOLOGISTS

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TRANSLATING RESEARCH TO PRACTICE

# At Home, But Not Welcome: Frameworks To Use When Working With Undocumented Latino Patients & Families

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and

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Martha Saucedo graduated from the UW-Madison Master's in Social Work Program in 2010. She is as a Behavioral Health Consultant at Access Community Health Centers and serves as the Engagement Lead working in the community to help understand mental health in the Latino population. She is also member of the Collaborative Family Healthcare Association where she provides technical assistance services for integrated care, and is a leader of the Fortalezas Familiares program to support Latina women struggling with depression.

# Disclosures/Conflicts of Interest

The presenter does not have any conflicts of interest to disclose.

Note: The information presented in this webinar is not intended to provide immigration legal advice or to substitute for the advice of an attorney, but rather to provide information about considerations when dealing with immigration requests for information.

# Learning Objectives

1. Describe the different aspects of social, mental, behavioral, and community life that an immigrant patient faces when presenting with mental health concerns.
2. Explain strategies to use in the Primary Care Behavioral Health model and non-integrated settings when working with Latino patients to improve functioning.
3. Apply methods to empower Latino patients by coordinating with key community agencies and commonly available supports.

# General Introduction of the Types of Immigration

Documented  
Immigrants  
(Citizens and Legal  
Residents-Student  
visa)

Undocumented  
Immigrants

U.S Born Children of  
Undocumented  
Immigrants

DACA/TPS  
Recipients





# Documented Immigrants

- Trauma
- Acculturation
- Impact of family unit
- Microaggressions

# Undocumented Immigrants

- Trauma
- Impact of family unit
- Financial stressors
- Chronic and severe distress
- Decreased self esteem, helplessness
- Hypervigilance and increased depression and anxiety
- Ending high school limited education opportunities
- Micro and Macro aggressions

# U.S. Born Children of Undocumented Immigrants

- Trauma
- The risks of having parents being deported.
- The need to have a legal guardian or be a legal guardian for smaller siblings.
- Children remain silent despite constant anxiety/fear/depression by potential future situations
- Around 10%-15% of children living in immigrant families exhibit symptoms of depression or anxiety.
- Micro aggressions

# DACA Recipients

- Trauma
- At risk for increased psychological distress
- The increased responsibility
- The fear to lose DACA protection
- Micro and macro aggressions
- Systems affecting them – Renewing process

**Deferred Action for Childhood Arrivals (DACA)** is an American immigration policy that allows some individuals who were brought to the United States illegally as children to receive a renewable two-year period of deferred action from deportation and become eligible for a work permit in the U.S.

# Trauma-Informed Care

- Consider that you are working with a compound complex trauma case:
  - Socio-cultural
  - Ethnic
  - Linguistic
  - Contextual variables

# Helpful Screeners to Use

- Children

- Strengths and Difficulties Questionnaires (SDQ) – Children
- Ages and Stages Questionnaire-Social Emotional (ASQ-SE)
- Survey of Wellbeing of Youth and Children (SWYC)
- Child Behavior Check List (CBCL)
- Screen for Child Anxiety Related Disorder (SCARED)

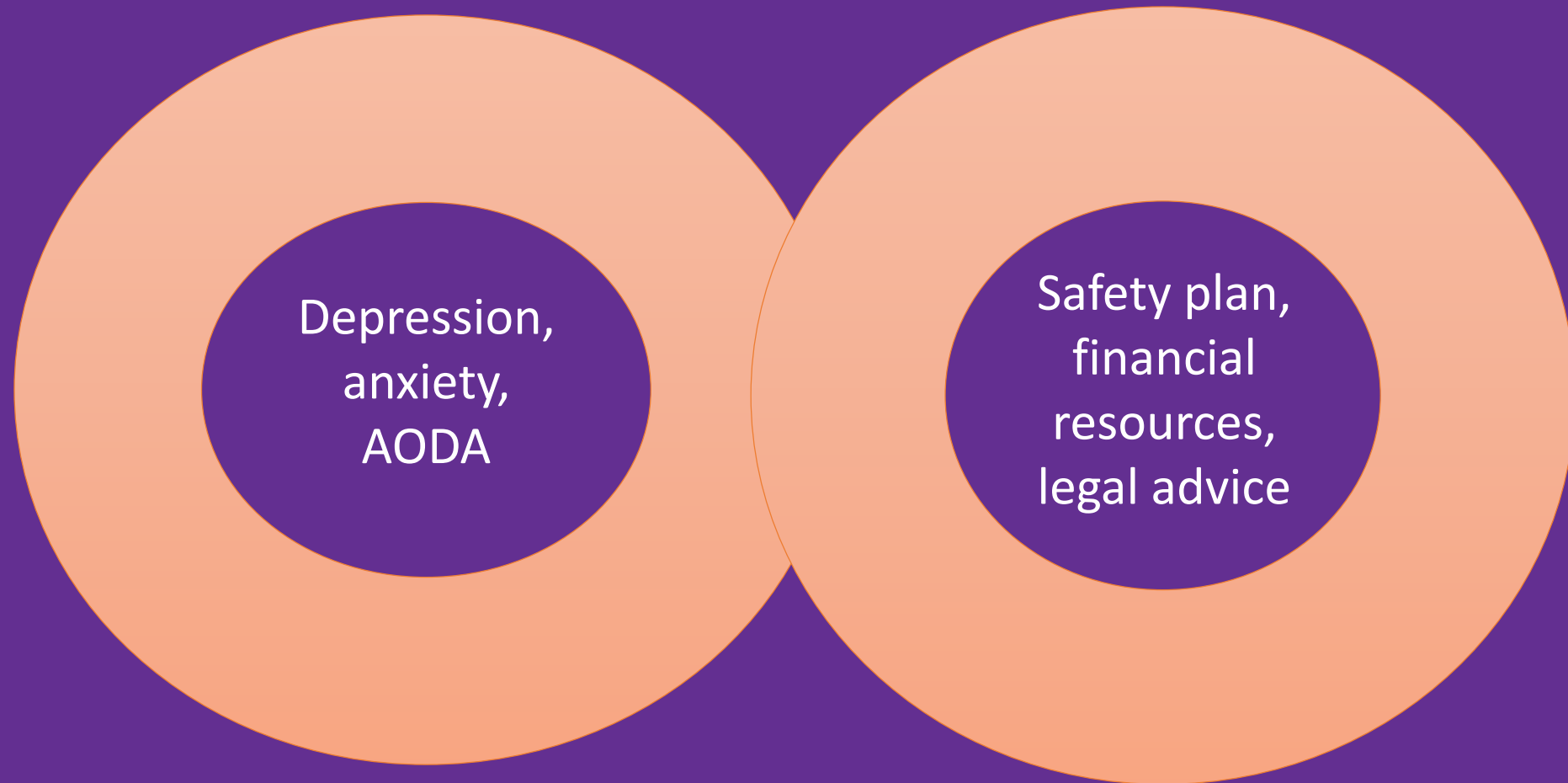
- Adults

- PHQ-9
- Drug Abuse Screening Test (DAST)
- Adverse Childhood Experience (ACE)
- Brief Trauma Questionnaire (BTQ)

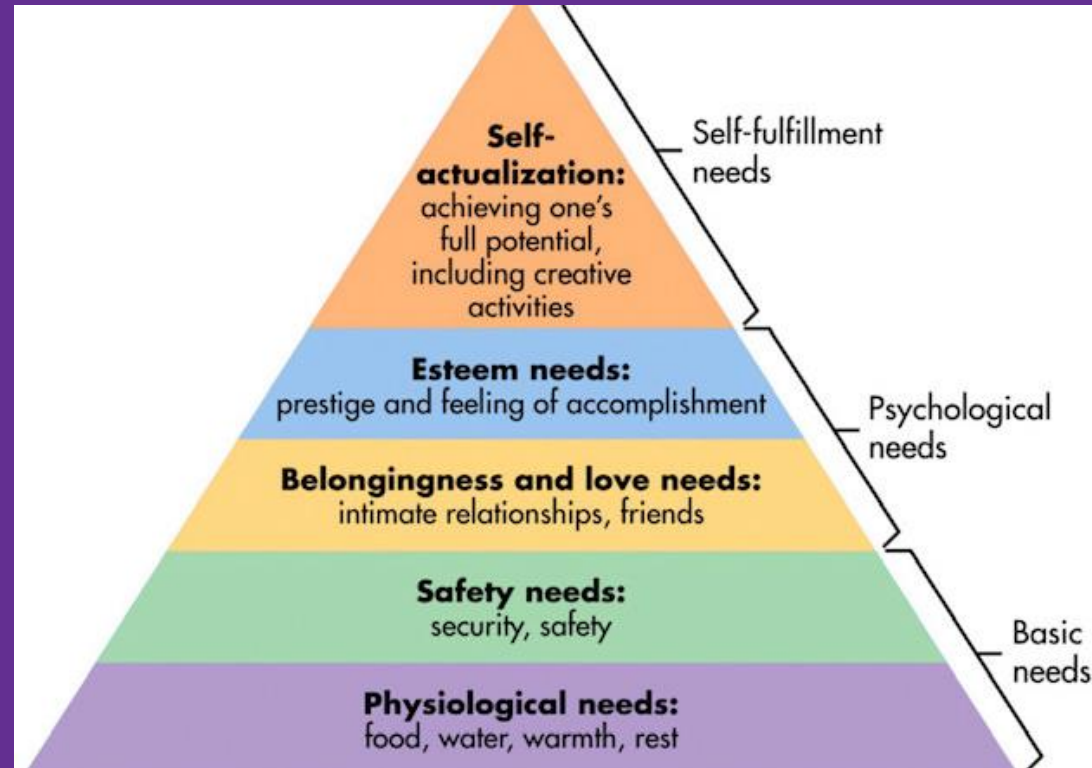
**NOTE:**

- What language is your screener?
- Is your patient illiterate?

# Mental Health Need Vs. Systemic Need



# Emphasis on Immediate Attention to Basic Needs Issues





# Stages of Trauma Recovery

- Stage One: Establishing Safety
  - Security safety
  - Stabilizing symptoms
  - Fostering self-care
- Stage Two: Remembrance & Mourning \*
  - Reconstructing the trauma
  - Transforming traumatic memory
- Stage Three: Reconnection
  - Reconciliation with self
  - Reconnection with others
  - Resolving the trauma

# Factors Causing Retraumatization

- Social media
- Political climate
- Work/school environment
- Agencies services
  - Providers
  - Services
  - Systemic environments

# Protective Factors to Promote

- Promote family resilience
- Educate knowledge on cultural differences
- Encourage social connections
- Psychoeducation

# Protective Factors Immigrants Have That Help Their Therapeutic Process

- Religious beliefs
- Familismo (loyalty to family)
- Strong ethnic identity and connection to their culture of origin
- Adaptability skills
- Eager for achievement

# Building Resilience

- Family Time
- Helping them create chores/routines/play time
- Cultural rituals
- Community building
- Religious support
- Physical activities
- Access to community programs

# Cultural Struggles Around Immigration Issues

- Power relationship
- Legal guardians – lack of understanding around this matter
- Lack of trust vs. trust
- Mental health concept
- Treatments in US can be very different than treatments in their country of origin

# Other Successful Interventions

- CBT-based approaches
- Trauma Systems Therapy for Refugees (TST-R)

# Why Latino Patients Can be a One Time Patient?

- Patient's fear – Compound Trauma
- Their basic life needs
- Cultural struggle – seek help
- Financial struggles
- Follow up: It is my responsibility or their responsibility?
  - Phone call
  - Letter
  - Mailing information



# Helpful Tips for Providers

- Leveraging your services through partnerships
- Build relationships with interpreters
- Ongoing training
- Strong referral network
- Provide a warm hand-off when needed
- Encourage cultural humility between community providers

# Nationwide Agencies That Support Immigrants

- There are many agencies around the country that support immigrants.
- <https://www.texastribune.org/2018/06/18/heres-list-organizations-are-mobilizing-help-separated-immigrant-child/>
- <https://theswamp.media/important-organizations-that-help-immigrants-in-the-us>

# Self-Care for Providers

- Compassion fatigue syndrome
- Create a space for reflection and recharging
- Debrief, seek supervision, feedback systems

# References/Citations

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# Q&A

Martha Saucedo, LCSW



- Dr. Sammons will read select questions that were submitted via the Q&A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.



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