



Supporting Mental Health of Immigrant Communities

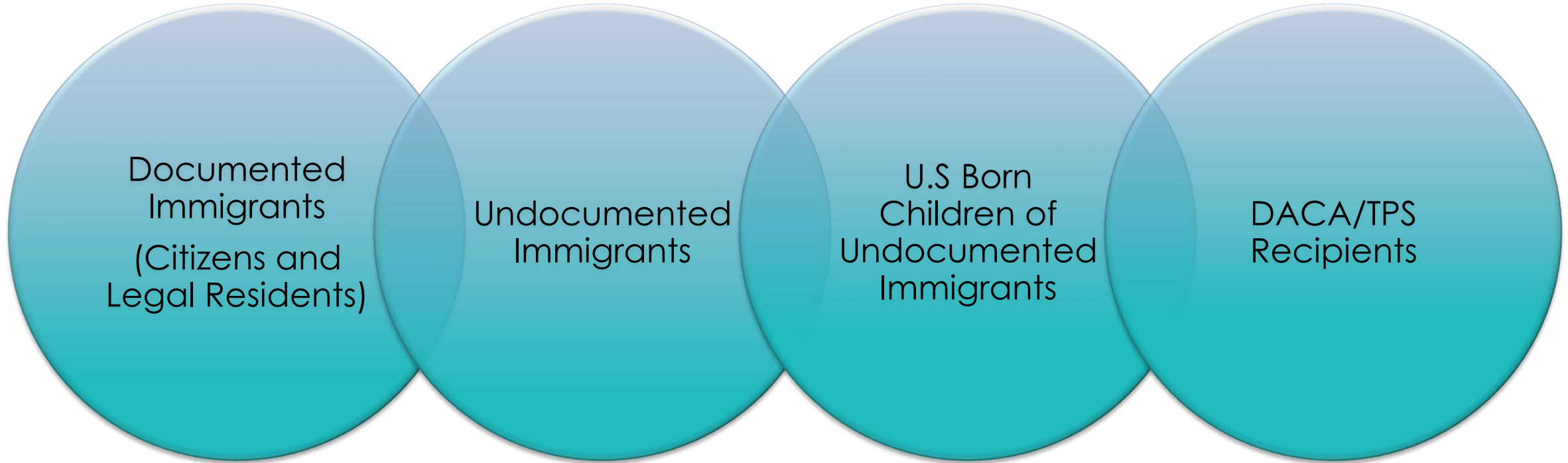
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MHIA
Mental Health America
B4Stage4

Immigrant Population in U.S.

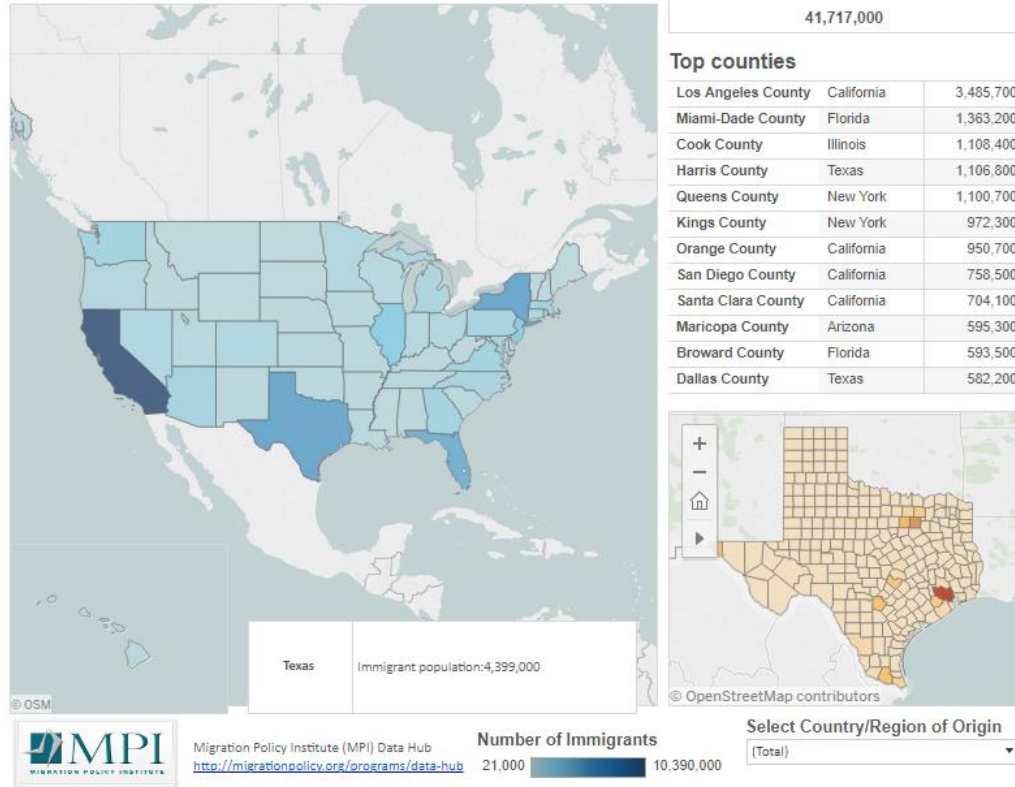


- In 2015, U.S. immigrant population was 43.3M or 13.5 % of total U.S. pop
 - Data from 2016 shows immigrants and U.S. born children now make up 27% of pop or 84.3M
- Immigrants are spread across the U.S., though make-up of immigrant population is different in each community
- Immigrants are not just one group of people – i.e. Mexicans



What does immigration population look like in my community?

U.S. Immigrant Population by State and County, 2011-2015*



Foreign born, by state and region of birth: 2015

Universe: 2015 foreign-born resident population

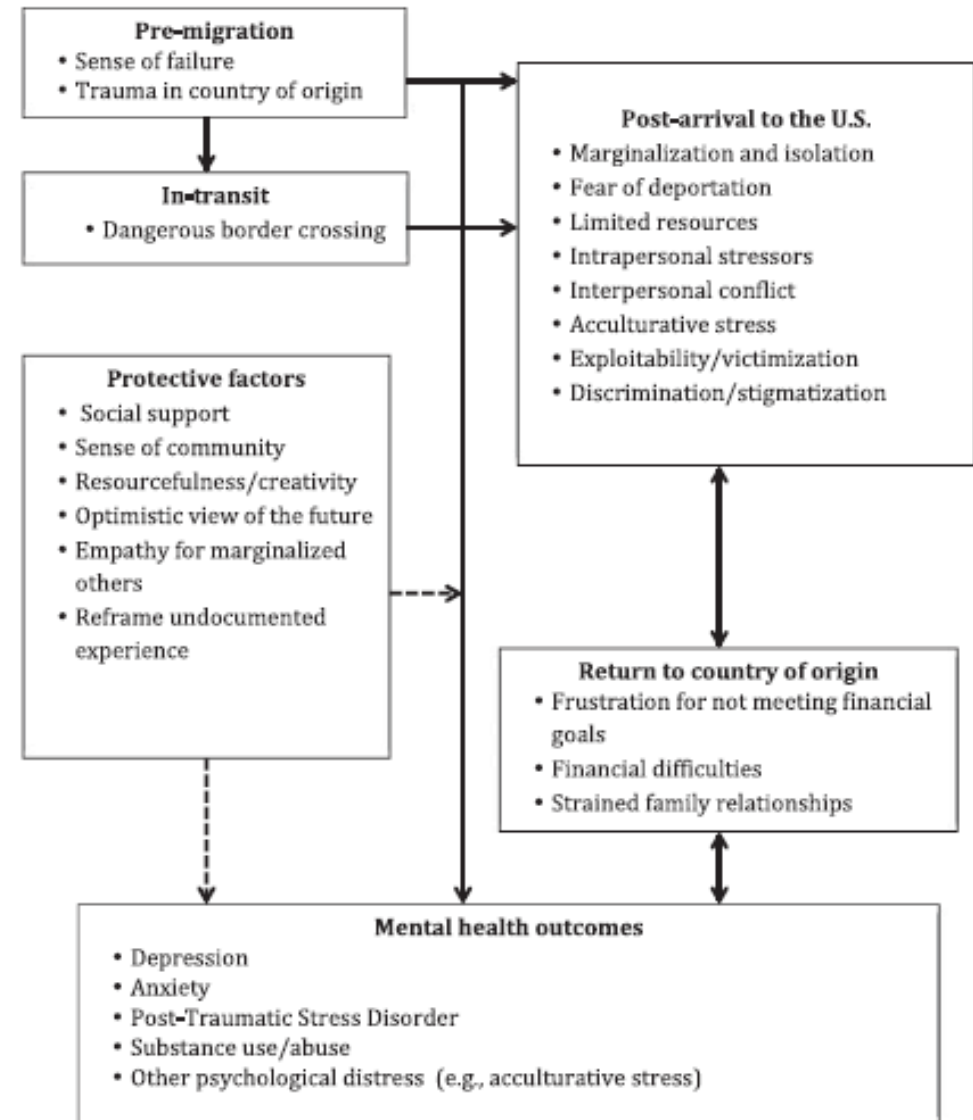
	Foreign born	Mexico	South and East Asia	Europe/Canada	Caribbean	Central America	South America	Middle East	Sub-Saharan Africa	All other
California	10,676,748	4,270,016	3,594,688	912,241	71,248	870,699	245,886	500,468	136,055	75,447
Texas	4,627,888	2,548,247	878,525	242,971	83,340	403,734	140,770	113,616	202,908	13,777
New York	4,514,054	232,820	1,136,489	845,996	1,107,513	273,401	586,212	170,029	146,645	14,949
Florida	4,088,592	279,187	372,912	499,639	1,694,635	371,119	726,139	89,154	48,305	7,502
New Jersey	1,977,241	117,876	608,555	328,198	324,056	146,631	287,310	94,124	67,128	3,363
Illinois	1,823,613	695,842	471,852	383,810	30,771	58,018	55,611	62,386	62,211	3,112
Massachusetts	1,099,417	16,076	300,382	270,647	175,970	80,860	115,556	47,043	90,224	2,659
Georgia	1,028,360	264,229	272,969	117,124	87,723	93,503	70,880	23,969	94,325	3,638
Virginia	1,014,853	52,957	371,745	123,260	39,055	170,860	99,274	75,691	79,481	2,530
Washington	978,893	236,907	389,551	200,447	6,737	33,567	21,177	30,700	40,306	19,501

- Knowing the breakdown of your community population is important in identifying and developing appropriate resources
- Cultural and linguistic components must be taken into account when working with these communities

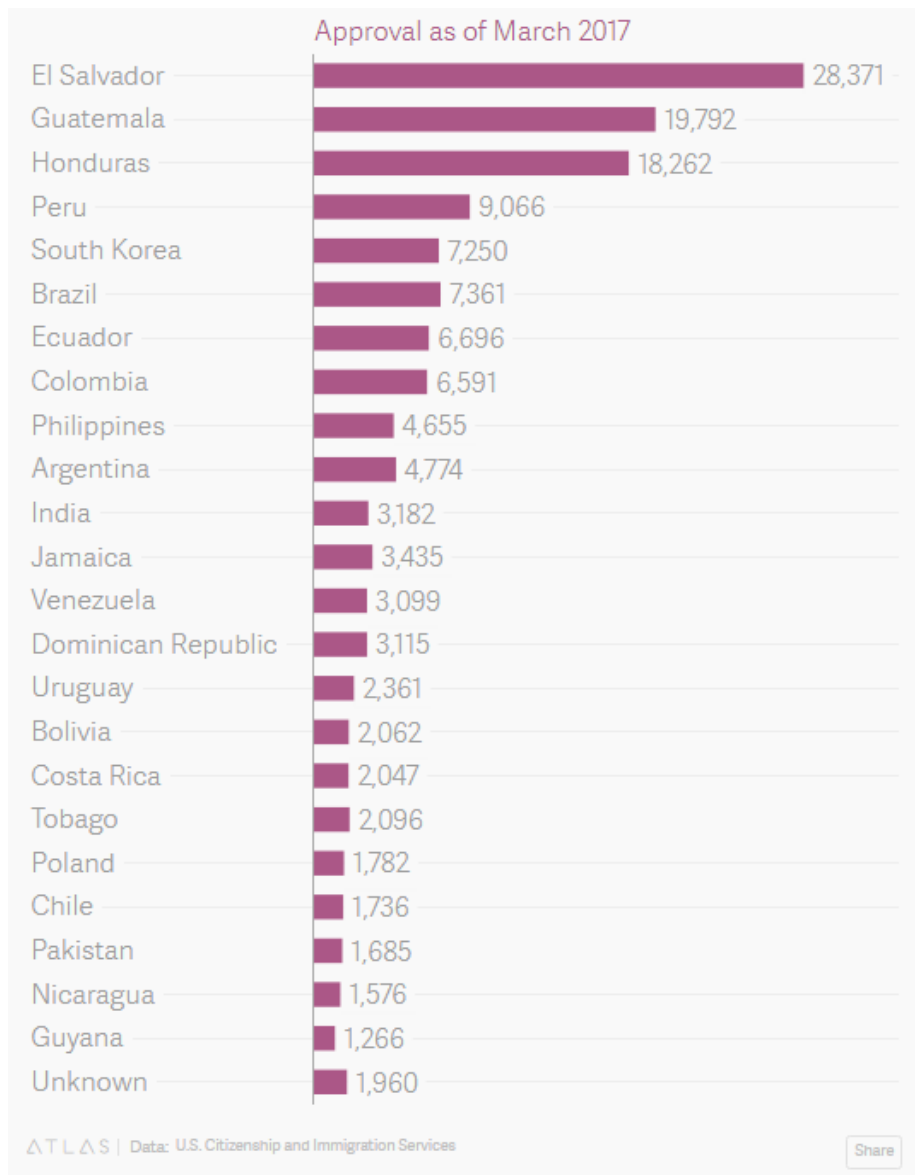
Mental health across immigrant communities

- Documented immigrants
 - Trauma
 - Acculturation
 - Impact of family unit
- Undocumented immigrants
 - Chronic and severe distress
 - Decreased self-esteem, helplessness
 - Hypervigilance and increased depression and anxiety
- U.S. Born children of undocumented immigrants
 - Parents must prepare for potential risks of being deported requiring designation of legal guardians to avoid foster care
 - Children remain silent despite constant anxiety/fear/depression by potential future situations
 - Estimates note 10%-15% of children living in immigrant families exhibit symptoms of depression (
- DACA recipients
 - At risk for increased psychological distress
 - The increased responsibility/burden of loss of DACA/TPS status leaves individuals with increased anxiety, fear

Migration-related stressors and protective factors influencing mental health outcomes among undocumented immigrants in the United States



Source: Garcini, L.M., Murray, K.E., Zhou, A., Klonoff, E.A., Myers, M.G., & Elder, J.P. (2016). Mental health of undocumented adults in the United States: A systematic review of methodology and findings. *Journal of Immigrant and Refugee Studies*, 14(1), 1-25.



DACA recipients by top countries of origin (excluding Mexico)

Source: Quartz Media, Dreamers live in every US state and don't just come from Mexico
<https://qz.com/1069844/who-are-the-dreamers-and-where-do-they-live/>

Mental health risk factors

- The migration process by which an individual arrived in host country can have greater impact on mental health
- Various traumatic experiences (family separation, sexual and physical trauma, exposure to violence)
- Lack of social supports may lead to dysfunctional behaviors(i.e. substance use, domestic violence)
- Act of consistently hiding current status and remaining hypervigilant of surroundings and changing environment
- Age of migration and acculturation
- Loss of identity and decreased self-worth

Barriers to mental health treatment

- Immigrants are less likely to access mental health treatment when compared to their U.S. born counterparts
- Cultural
 - Individuals may be more inclined to reach out to informal support networks (family, friends, faith community) thus delaying treatment and waiting till point of crisis
 - Stigma and lack of education on mental illness/mental health
 - Varied idioms of distress – the way in which an individual talks about illness can impact help-seeking, diagnosis, and treatment
- Structural
 - Cost, lack of insurance
 - Long wait times
 - Lack of culturally and linguistically appropriate mental health professionals
 - Fear due to immigration status

Videos



<https://www.facebook.com/HumanRightsWatch/videos/10155874795769354/>



<https://www.youtube.com/watch?v=wCMw2VFz6Jk>

Who can you work with in your local communities


- Your MHA affiliate
- Religious institutions
- Counseling centers
- Human rights and advocacy organizations
- Community centers

Resources/References

- Migration Policy Institute Data Hub - <https://www.migrationpolicy.org/programs/migration-data-hub>
 - <https://www.migrationpolicy.org/programs/data-hub/charts/us-immigrant-population-state-and-county>
 - Pew Hispanic Research Center - <http://www.pewhispanic.org/2017/05/03/facts-on-u-s-immigrants-current-data/>
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 3. Gulbas, L.E., Zayas, L.H., Yoon, H., Szlyk, H., Aguilar-Gaxiola, S. & Natera, G. (2015). Deportation experiences and depression among U.S. citizen-children with undocumented Mexican parents. *Child: Care, health, and development*, 42 (2), 220-230.
 4. Sarmiento, P.B., Saucedo-Moreno, M.J., Fernandez-Gutierrez, M., & Poza-Mendez, M. (2017). Mental health in immigrants versus native population: A systematic review of the literature. *Archives of Psychiatric Nursing*, 31(11), 111-121.
 5. Seraphia, A. (2016). Mental health service use among immigrants in the United States: A systematic review. *Psychiatric Services*, 67(3), 265-274.

Contact Us



 Mental Health America
500 Montgomery Street
Suite 820
Alexandria, VA 22314

 Facebook.com/mentalhealthamerica

 Twitter.com/mentalhealtham

 Youtube.com/mentalhealthamerica

 America Paredes, MS
aparedes@mentalhealthamerica.net
703-838-7523



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America Paredes

