



Meeting Summary - Immigrant and Refugee Listening Session

October 21, 2021

What are the current challenges in your communities and what advocacy tasks are most important in addressing those challenges?

General challenges and advocacy tasks

- How to help individuals and families to understand and prioritize mental health.
- Education on the specific cultural needs of all subpopulations to ensure inclusivity among African, Asian, Central American, Middle Eastern, and European immigrants and refugees.
- Educate providers and clinicians on cultural humility, stigma related to immigrants, vulnerability and community trust, disability accommodations, faith-based approaches, and effects of traumatic experiences.
- External challenges that include: domestic violence, family separation, substance abuse, employment, housing, and legal problems.
- Use community-defined evidence practices (CDEPs) over evidence-based practices that have not been tested on racial and ethnic communities.
- Need for disaggregated data.

Language and interpretation services

- Train medical interpreters to provide bridge in communication between monolingual providers and the populations.
- Language access for indigenous-speaking communities.
- Having translators during treatment sessions may potentially interfere with the client's comfort and may increase the chance of misinterpretation.

Peers and workforce development

- Importance of investing in a culturally and linguistically relevant mental health pipeline of peer-to-peer mental health providers.
- Workforce development, particularly to support in navigating services and incorporating community health workers and promotoras into the delivery of services so the outreach is comprehensive in language.

Youth and TAY

- Age-appropriate services for children of immigrant and refugee families and young people who are caregivers for their parents.
- Help in schools through peer-to-peer support and onsite or local wellness centers for youth to help them with their linguistic and cultural needs, and to manage trauma.

What should be measured to determine the success of the immigrant and refugee stakeholder contracts?

- Workforce development and the increase of individuals who can provide culturally and linguistically appropriate services.
- Number of trained clinicians and interpreters working with immigrant and refugee communities.
- Impact of COVID-19 pandemic on communities, especially equitable access to services
- Grades of ELL immigrant/refugee students who are receiving peer to peer support services.
- Number of community-defined, community-affirming, and culturally relevant mental health practices.

For the upcoming three-year contracts, what are your thoughts on holding virtual, in-person, and/or hybrid advocacy events?

- A hybrid model allows flexibility—virtual events are more accessible, maximizes number of participants, and increases representation.
- Having an online option provides opportunities for certain communities, age groups, or cultures that are not as quick to adopt digital solutions.
- Language-access services are essential in post-pandemic world