

**CREATING SAFE AND
HEALING OPPORTUNITIES
FOR MIGRANT FAMILIES.**

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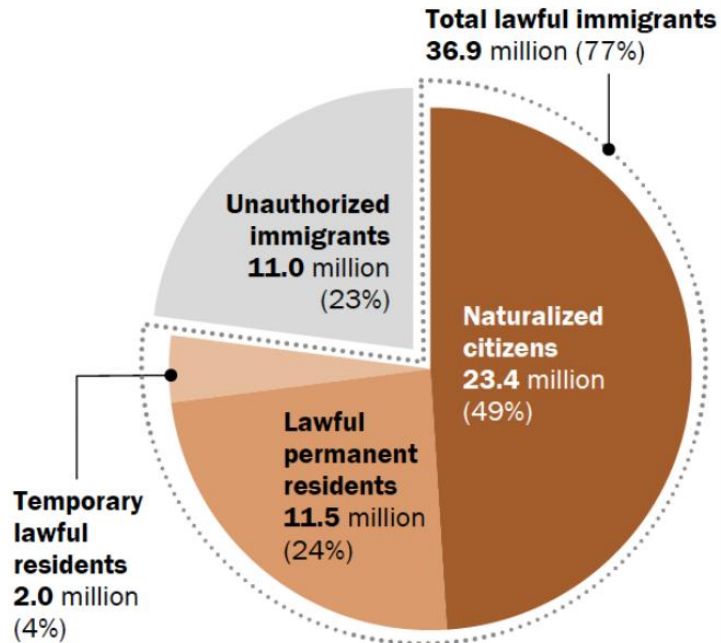
Puentes de Salud

We are a nonprofit organization that promotes the health and wellness of Philadelphia's rapidly growing Hispanic/Latine immigrant population through high-quality health care, innovative educational programs, and community building.



Unauthorized immigrants were 23% of the U.S. foreign-born population in 2022

Foreign-born population estimates, 2022



Note: These figures differ from published U.S. Census Bureau totals because they are adjusted to account for population undercount. The unauthorized immigrant population includes those with temporary protection from deportation under Deferred Action for Childhood Arrivals (DACA) and Temporary Protected Status (TPS), as well as pending asylum claims.

Source: Pew Research Center estimates based on augmented U.S. Census Bureau data (IPUMS).

PEW RESEARCH CENTER

NO TWO SITUATIONS ARE THE SAME

- Asylum Applicants
- CHNV Paroles from Cuba, Haiti, Nicaragua, and Venezuela
- Victims of human trafficking and other crimes whose cases are backlogged
- Temporary Protected Status (TPS)
- Deferred Action for Childhood Arrivals (DACA)
- Entered Without Inspection (also known as “EWI”): Individuals who entered the United States without presenting themselves for inspection at an official checkpoint.
- Entered with Legal Status but Overstayed

DOCUMENTATION STATUS- SOCIAL DETERMINANT OF HEALTH



BARRIERS TO ACCESSING CARE



Attitudinal Barriers

- Beliefs, attitudes, and norms that can impede mental health help-seeking behavior.
- Includes stigma, tabus around MH, religious beliefs, beliefs about healthcare and behavioral health.
- Influenced by culture, knowledge, **prior experience**.

Structural Barriers

- External factors that can facilitate or impede seeking mental health care.
- Includes lack of **health insurance**, cost of services, lack of transportation, lack of available providers, lack of childcare, no access to sick time, lack of technology (telehealth)
- Structural barriers are usually influenced by laws and policy.

Provider Barriers

- This includes clinician **cultural responsiveness**, **language access** or availability of interpreters, provider's competency in utilizing interpretation services, availability of appropriate assessment tools, and culturally adapted best practices

WHO IS ELIGIBLE FOR HEALTH SERVICES IN THE US?

	Undocumented Immigrants	Lawful Permanent Residents	Refugees
ACA Subsidies	No	Yes	Yes
Medicaid	No (emergencies only)	No (state options for children, pregnancy, > 5 yrs residency)	Yes
CHIP	No	State option	Yes
Workers' Compensation	Yes (often not enforced)	Yes	Yes

PRESENTING ISSUES AT OUR PROGRAM

- **Main Reasons (Initially) For Seeking BH Services Include**
 - Depression
 - Anxiety
 - Panic Attacks
 - Insomnia
 - Family and Relationship Stressors
- **Underlying Issues And Factors**
 - Trauma (Sexual Abuse, Interpersonal Violence, Intergenerational)
 - Complicated Grief And Loss
 - Abandonment and Attachment Issues
 - Family Separation
 - Stress Over Immigration Proceedings
 - Loneliness
 - Deep Disappointment



WHAT CAN MENTAL HEALTH CHALLENGES SOUND LIKE?



- “Se me pone todo en punta”
- “Tengo una presion en la cabeza”
- “Noto come si me subiera el agua”
- “Tengo que aceptar, pero no puedo”
- “Senti que me moria”
- “Ya no puedo mas”
- “Me falta el aire”
- “Yo soy la culpable de todo”
- “Me siento vacio”
- “Hay muchas cosas que arrastro”

BEST PRACTICES IN SUPPORTING UNDOCUMENTED IMMIGRANTS

- **Examine your organizations policies and practices** that create barriers to care for undocumented immigrants
- **Connect patients to resources.** Think about **partnerships** with organizations that offer trusted spaces within the specific community
- Encourage **self-advocacy** and empower patients: Inform undocumented patients of their legal rights.
- **Screen for trauma:** Given the high risk for trauma among undocumented immigrants, consider screening for trauma and practicing trauma-informed care even if patients do not meet the criteria for PTSD.
- **Spirituality and faith** should be assessed and incorporated into treatment planning if the patient desires.
- **Minimize language barriers.** Work and advocate to offer resources in patients' native languages. Ensure your documentation, marketing materials, and signage are available in the target languages. Provide opportunities to learn English if patients show an interest.
- **Collaborate with community organizations** that support undocumented immigrants in multiple facets of their lives, including family support.

Adapted from <https://www.psychiatry.org/psychiatrists/cultural-competency/education/stress-and-trauma/undocumented-immigrants>

Promotoras de Salud – The heart of the clinic

- Promotoras de Salud, or community health workers, are trusted community members who serve as liaisons between health services and the community.
- Roles and Responsibilities: Provide health education, advocate for health equity, offer support, and facilitate access to resources.
- Importance of Cultural Competency: Promotoras understand the cultural nuances and barriers affecting their communities' health and safety needs. They are also cultural brokers who work hard to debunk stigmas and tabus around many different health topics.



18 Month MH Training Program



Bi-monthly training on relevant Behavioral Health and Wellness topics.



Coaching



Consultation



Monthly Balint Groups

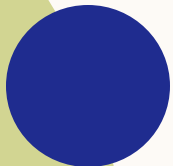
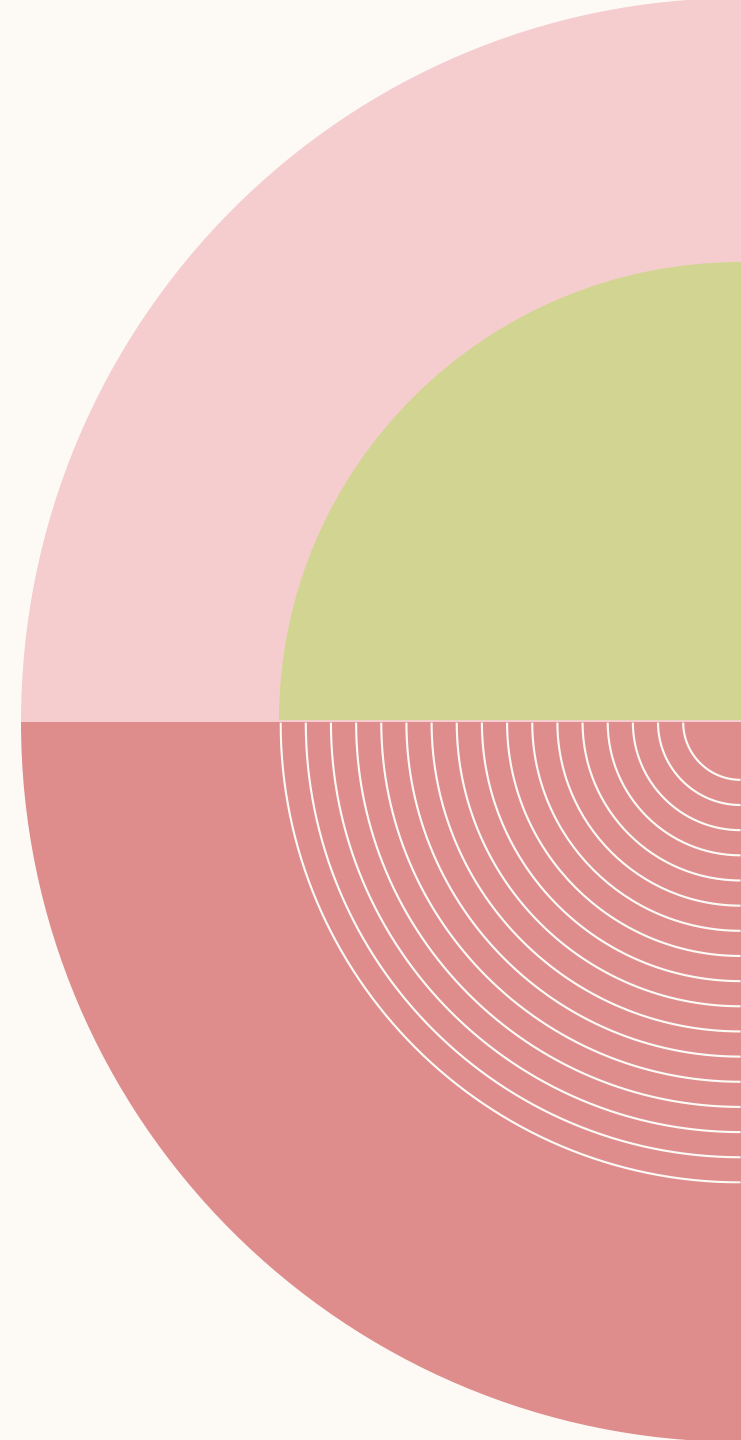


Culminating in the graduation

SUMMARY

Immigrants make up a significant and growing population of the United States. We cannot have a comprehensive public health approach that ignores a significant section of our population. Health care is a human right. Now more than ever, services need to be expanded, and barriers lowered to access care.

- What can you do as an individual?
- What can you do within your role in an organization?
- What can you do for advanced policies that promote equity for immigrant communities



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THANK YOU

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