



**Professional Training Resources for
Working with Refugee and Immigrant
Communities**

Table of Contents

Table of Contents	1
About Us	2
Submitting Resources to Guide	3
General Resources on Refugee/Immigrant Children and Families	4
Resources for Professionals	7
Mental Health Professionals	7
Health Care Professionals	14
Resources for Schools	15
Resources for Children and Families	18

About Us

The **Illinois Childhood Trauma Coalition (ICTC)** recognizes that children and their families immigrate to the United States for a variety of reasons and under a variety of circumstances. Some of those circumstances, which may include events and conditions that children are exposed to in their countries of origin, in their journey to the US and/or once they arrive here, may be traumatic. ICTC through its members has considerable knowledge and experience about childhood trauma, in general but less knowledge and experience with refugee and immigrant children and their communities.

The **Committee on Refugee & Immigrant Children** is made up of volunteers who are members of ICTC as well as volunteers from agencies and organizations involved with immigrant and refugee children. It is co-chaired by a representative member of ICTC and a person representing agencies and organizations working with immigrant and refugee children.

The **Committee on Refugee & Immigrant Children** is charged with exploring ways to use the ICTC's current resources (including its members):

- ❖ *to raise public awareness of how trauma can impact immigrant and refugee children,*
- ❖ *to develop the workforce necessary to serve the needs of these unique communities,*
- ❖ *to assist agencies in building the capacity to help immigrant and refugee families that may have experienced traumatizing events.*

For more information about the **Committee on Refugee & Immigrant Children** please email **Rebecca Ford Paz, PhD** and **Willis Francis, MA** at ictc@luriechildrens.org.

Submitting Resources to Guide

The **Committee on Refugee & Immigrant Children** would like this resource to be a living document that reflects the active growth of professional training resources in the community.

If you would like to share a professional training resource that may support service providers' work with refugee and immigrant children, please complete the form below and submit via email to ictc@luriechildrens.org.

Please note that in order to keep our guide relevant and user-friendly we will review all resources prior to adding them to the guide and may not include all resource submissions. Thank you!

Resource Submission Form:

Title of Resource:

Source:

Description:

Format of Resource:

Website:

General Resources on Refugee/Immigrant Children and Families

Title of Resource: *BRYCS: Bridging Refugee Youth & Children's Services*

Source: BRYCS: Bridging Refugee Youth & Children's Services

Description: This website provides resources pertaining to refugee and immigrant youth. It includes interactive online training modules, a refugee portal with multilingual resources for families and a comprehensive database of refugee-serving programs in the United States.

Format of Resource: Website

Website: <http://www.brycs.org/>

Title of Resource: *Exodus Worldwide*

Source: Exodus Worldwide

Description: This website provides links to government agencies and voluntary organizations that serve refugees during the resettlement period. It includes the six resettlement agencies that are contracted to provide refugee families services within the first three months of their arrival to Chicago. It also provides general resources for refugees, such as links to ESL classes.

Format of Resource: Website

Website: <http://exodusworldservice.org/resources-about-refugees>

Title of Resource: *Refugee Wellness Country Guides*

Source: Refugee Services National Partnership for Community Training.
Gulf Coast Jewish Family & Community Services

Description: This website includes country guides and condition reports that are helpful for resettlement workers and mental health providers. These resources provide practical information regarding important health care, historical, and social considerations related to each country featured.

Format of Resource: PDF

Website: <https://gulfcoastjewishfamilyandcommunityservices.org/refugee/resources/country-condition-reports/>

.....

Title of Resource: *Refugee Services*

Source: Gulf Coast Jewish Family & Community Services

Description: This website provides information about Gulf Coast Jewish Family & Community Services, an agency that provides comprehensive care to refugee communities in Florida. The website also contains a variety of resources regarding mental health care practices for working with refugee communities.

Format of Resource: Website

Website: <https://gulfcoastjewishfamilyandcommunityservices.org/refugee/>

Title of Resource: *Resources for Torture Survivors, Refugees, Detainees, and Asylum-Seekers*

Source: Ken Pope, PhD

Description: This website provides links to over 130 resources for survivors of torture, refugees, detainees, and asylum-seekers. The website includes a wide variety of resources for providers, including links to online courses and guides to assessments.

Format of Resource: Website

Website: <https://kspope.com/torvic/torture.php>

.....

Title of Resource: *Restoring family*

Source: American Red Cross

Description: Restoring Family Links (RFL) is a service offered by the Red Cross to search reconnect families who have been separated due to war, disaster, and international migration.

Format of Resource: Website

Website:<http://www.redcross.org/local/illinois/chicago-northern-illinois/local-programs/reconnecting-families>

Resources for Professionals

Mental Health Professionals

Title of Resource: *Look Through Their Eyes*

Source: Illinois Childhood Trauma Coalition

Description: This website provides resources pertaining to child trauma, including information about common causes such as bullying and community violence. It offers links to general resources pertaining to child trauma that may be helpful for providers and families.

Format of Resource: Website (Available in English and Spanish)

Website: <http://lookthroughtheireyes.org/>

Title of Resource: *Understanding Child Trauma*

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Description: This resource offers infographics that provide general information about child trauma, including its prevalence in the United States and impact on youth.

Format of Resource: PDF

Website: <http://www.samhsa.gov/child-trauma/understanding-child-trauma>

Title of Resource: *Vicarious Trauma – Strategies for Supporting Resilience Webinar*

Source: Crisis & Trauma Research Institute (CTRI)

Description: This webinar highlights the impact providers may experience when working with survivors of trauma. It informs providers about steps for healing vicarious trauma and moving toward growth. *Please note that there is a cost for this webinar.*

Format of Resource: Webinar

Website:<https://us.ctrinstitute.com/product/vicarious-trauma-strategies-for-supporting-resilience/>

.....

Title of Resource: *Addressing Mental Health, PTSD, and Suicide in Refugee Communities*

Source: Refugee Services National Partnership for Community Training.
Gulf Coast Jewish Family & Community Services

Description: These powerpoint presentation provides training to strengthen social service providers' response to the mental health needs of refugee communities. The presentation includes evidence-based interventions for supporting clients who present with PTSD, depression, somatizations and suicide ideation.

Format of Resource: PDF

Website:<https://gulfcoastjewishfamilyandcommunityservices.org/refugee/files/2014/07/Refugee-Mental-Health.pdf>

.....

Title of Resource: *Suicidality Among Refugees: Program Approaches and Community Responses*

Source: Refugee Services National Partnership for Community Training.
Gulf Coast Jewish Family & Community Services

Description: This free webinar focuses on refugee suicide prevention and interventions. The presenters draw attention to research conducted on refugee suicides and offer recommendations for stakeholders working with at-risk refugee communities.

Format of Resource: Archived Webinar

Website: <http://gulfcoastjewishfamilyandcommunityservices.us13.list-manage1.com/track/click?u=dd815b38ece49bbb4bb5c1a69&id=7d106fe709&e=62efc002d1>

.....

Title of Resource: *Walking Together: A Mental Health Therapist's Guide to Working with Refugees*

Source: Lutheran Community Services

Description: This guide offers mental health providers a wealth of information regarding refugee experiences, barriers to care, working with interpreters and more. It discusses clinical, contextual, and cultural considerations that may inform a clinician's work.

Format of Resource: PDF

Website: <http://form.jotform.us/form/51666347065157?>

.....

Title of Resource: *Refugee Behavioral Health- National and Regional Resources*

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Description: This document provides links to a variety of resources related to refugee behavioral health. It includes informational videos, training toolkits, suicide prevention hotline information, and state refugee contacts.

Format of Resource: PDF

Website:<https://www.samhsa.gov/sites/default/files/refugee-behavioral-health-region-8.pdf>

.....

Title of Resource: *Refugee and Trauma: Tips for Supporting*

Source: Crisis & Trauma Resource Institute Inc.

Description: This powerpoint presentation provides insight into traumatic experiences often faced by refugee communities. It offers suggestions on how stakeholders can support refugees by recognizing the impacts of migration and fostering clients' strengths and resilience.

Format of Resource: PDF

Website:<https://us.ctrinstitute.com/wp-content/uploads/2015/12/Refugees-and-Trauma1.pdf>

.....

Title of Resource: *Mental Health Screening Tools and Referral Networks*

Source: Refugee Services National Partnership for Community Training.
Gulf Coast Jewish Family & Community Services

Description: This guide highlights the importance of implementing effective mental health screenings early in the refugee resettlement process. The guide offers ways in which agencies can develop and implement mental health screenings and create a culturally competent referral network to support refugee mental health.

Format of Resource: PDF

Website:https://gallery.mailchimp.com/dd815b38ece49bbb4bb5c1a69/files/Mental_Health_Screening_Tools_and_Referral_Networks_FINAL_.01.pdf

.....

Title of Resource: *The Refugee Services Toolkit (RST)*

Source: The National Child and Trauma Stress Network (NCTSN)

Description: The Refugee Services Toolkit (RST) is a web-based assessment tool that helps providers identify the mental health needs of refugee children and families and connect them with appropriate interventions.

Format of Resource: Website

Website: <https://learn.nctsn.org/enrol/index.php?id=62>

.....

Title of Resource: *Psychology Tools Website*

Source: Psychology Tools

Description: This website provides free cognitive behavioral therapy handouts, worksheets, and self-help resources that can be used in therapy sessions. The resources are available in 45 languages.

Format of Resource: PDF

Website: <https://psychologytools.com/download-therapy-worksheets.html>

.....

Title of Resource: *University College Dublin - School of Psychology CBT Workbook*

Source: University College Dublin - School of Psychology

Description: This website provides a cognitive behavioral therapy workbook that can be used for working with children and adolescents. The workbook handouts are offered in various languages, including English, Spanish, Arabic, Slovakian.

Format of Resource: PDF

Website:<http://www.ucd.ie/psychology/CBTWorkbook/USA/peskygnatsusa.html>

.....

Title of Resource: *Refugee Health Vancouver - Patient Handouts*

Source: Refugee Health Vancouver

Description: This website provides handouts that can be used for providing psychoeducation regarding mental health issues and coping strategies. The handouts cover issues such as post-traumatic stress disorder, anxiety, depression and stress in multiple languages.

Format of Resource: PDF

Website: <http://www.refugeehealth.ca/handouts>

Title of Resource: *Guidance for Working with Unaccompanied Migrant Children*

Source: The National Child Traumatic Stress Network

Description: This website provides insight into the traumatic experiences unaccompanied migrant children often face. It expands on some of the complexities and cultural pieces that are important for mental health providers to consider when providing mental health treatment to unaccompanied children.

Format of Resource: Website

Website: <http://nctsn.org/trauma-types/refugee-trauma/guidance-unaccompanied#q1>

Title of Resource: *Working with Unaccompanied Children from Central America*

Source: BRYCS: Bridging Refugee Youth & Children's Services

Description: This website offers links to resources that may support service providers working with unaccompanied children from Central America. In addition to general information about unaccompanied children, the website provides resources pertaining to mental health, anti-trafficking, legal services and more.

Format of Resource: Website

Website:[http://www.brycs.org/clearinghouse/working-with-unaccompanied-minors-from-central-america.cfm?](http://www.brycs.org/clearinghouse/working-with-unaccompanied-minors-from-central-america.cfm)

.....

Health Care Professionals

Title of Resource: *Raising Young Children in a New Country: Supporting Early Learning and Healthy Development*

Source: Office of Refugee Resettlement (ORR) and the Office of Head Start (OHS): the federal funders for Bridging Refugee Youth and Children's Services (BRYCS), and the National Center on Cultural and Linguistic Responsiveness (NCCLR)

Description: This handbook provides helpful information for newcomer parents concerning raising children (birth through age five) in the United States. The handbook was created for community service providers who work with refugee and immigrant clients.

Format of Resource: PDF

Website:<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/cultural-linguistic/fc/docs/raising-young-children-in-a-new-country-bryc5.pdf>

Resources for Schools

Title of Resource: *After the Election: Ideas for Teachers of ELLs*

Source: Colorin Colorado

Description: This website provides lesson plans and discussion guides that teachers can refer to when talking about the results of the 2016 election. It also offers resources to help support immigrant students.

Format of Resource: Website

Website: <http://www.colorincolorado.org/after-election-ideas-and-guidance-teachers-ells>

.....

Title of Resource: *Teaching Tolerance*

Source: Teaching Poverty, *Southern Poverty Law Center*

Description: This resource provides classroom activities and resources to teach tolerance to students.

Format of Resource: Website

Website: <http://www.tolerance.org/>

.....

Title of Resource: *Educational Services for Immigrant Children and Those Recently Arrived to the United States*

Source: U.S. Department of Education

Description: This website offers fact sheets on educational rights and services for immigrants and recently-arrived children. It also includes a FAQ section with general information relevant to unaccompanied children.

Format of Resource: Website

Website:<https://www2.ed.gov/policy/rights/guid/unaccompanied-children.html>

.....

Title of Resource: *Unaccompanied Youth Toolkit for Shelters and Service Providers*

Source: National Association for the Education of Homeless Children and Youth (NAEHCY)

Description: This toolkit provides helpful information on how to enroll unaccompanied minors in school and provide access to health care.

Format of Resource: PDF

Website:http://www.naehcy.org/toolkit-shelters?utm_source=mailoutinteractive&utm_medium=email&utm_campaign=MANY%20eMessages%20Vol.%202011%20Number%204&utm_source=ICOY+UPDATE%3A+DCFS+Proposed+Changes+of+Missing+Children+in+Care%2C+DCFS+Reform+Bill&utm_campaign=3-31-15&utm_medium=email

.....

Title of Resource: *Building Welcoming Schools: A Guide for K-12 Educators and After-School Providers*

Source: Welcoming America

Description: This toolkit provides activities for schools and afterschool programs to promote a welcoming school environment. The activities are

Last updated: 1/2019

meant to help students learn about the journeys of people traveling to the United States.

Format of Resource: PDF

Website:https://www.welcomingamerica.org/sites/default/files/WelcomingRefugees_K12Toolkit.pdf

Title of Resource: *Our Journey to Success: Early Education for Children in Indigenous Migrant Families*

Source: Head Start, Early Childhood Learning & Knowledge Center

Description: This resource was created by indigenous migrant families and service providers. It recognizes the importance of recognizing indigenous culture and language to support children's success in school and home.

Format of Resource: PDF

Website:<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/our-journey-success-ind-flipbook-eng.pdf>

.....
Title of Resource: Planned Language Approach

Source: Head Start, Early Childhood Learning & Knowledge Center

Description: This website describes the Planned Language Approach (PLA), a process used by early childhood programs to provide effective language and early literacy services for English-speaking and dual language learners.

Format of Resource: PDF

Website:<https://eclkc.ohs.acf.hhs.gov/culture-language/article/planned-language-approach>

Resources for Children and Families

Title of Resource: Informed Immigrant

Source: Informed Immigrant

Description: This website was created by immigrant rights leaders, service providers, lawyers, and technologists who wished to create a digital hub filled with knowledge and resources for undocumented immigrants. It includes lists of providers, Know Your Rights, family preparedness plans and more. Information also available in Spanish.

Format of Resource: Website

Website: <https://www.informedimmigrant.com/about-us/>

Title of Resource: Traumatic Separation and Refugee and Immigrant Children: Tips for Caregivers

Source: The National Child Traumatic Stress Network (NCTSN)

Description: This guide promotes parent awareness of the impact family separation can have on children. It provides tips for parents to address the needs of children who have experienced traumatic separation. The guide is available in English and Spanish.

Format of Resource: PDF

Website: https://www.nctsn.org/sites/default/files/resources/tip-sheet/traumatic_separation_refugee_immigrant_children_tips_current_caregivers.pdf

Spanish:https://www.nctsn.org/sites/default/files/resources/tip-sheet/traumatic_separation_refugee_immigrant_children_tips_current_caregivers_s_p.pdf

Title of Resource: Restoring Family Links (RFL)

Source: American Red Cross

Description: Restoring Family Links is a program by the American Red Cross that helps families search for loved ones, after separation due to war, disaster, and/or international migration. The service supports families to reconnect with one another.

Format of Resource: Website

Website:<https://www.redcross.org/local/illinois/chicago-and-northern-illinois/about-us/our-work.html>

Title of Resource: A Guide for Parents in Illinois who are Undocumented

Source: Loyola University School of Law

Description: This guide provides information about child care safety plans, arrangements undocumented parents can make for the care of their children in the case parents are detained or deported. The guide is available in English and Spanish.

Format of Resource: PDF

Website:https://www.luc.edu/media/lucedu/law/centers/childlaw/pdfs/Immigration%20Safety%20Planning%20Guide_LS_10-4-17.pdf

Spanish:<https://www.luc.edu/media/lucedu/law/centers/childlaw/pdfs/Gu%C3%ADa%20de%20Planificaci%C3%B3n.pdf>

