



# The identification and treatment of PTSD requires a collaborative effort between the healthcare and educational systems, as well as migrant youth.



## Taking A Closer Look At Post Traumatic Stress Disorder (PTSD) In Migrant Youth

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### INTRODUCTION

- One in five children in the US has been identified as an immigrant or a child of immigrant parents (1).
- By 2050, based on demographic trends, it is predicted that this will increase to one in three children (2).
- The initial presentation of PTSD in migrant youth is often somatic symptoms leading to missed opportunities for prompt diagnosis and treatment.

### GOALS

- Utilize the components of structural competency by Metzli and Hansen to develop a care pathway approach for migrant youth with PTSD (3).
- Outline and examine the specific stressors involved with migration and acculturation for children and adolescents.
- Analyze the current diagnostic tools and treatments to propose ways of utilizing systems of care for migrant youth with PTSD.

### FUTURE DIRECTIONS

- Take a closer look at how providers obtain and document migration and trauma history.
- Provide information and practice opportunities to healthcare providers and educators about the role of self-reflection and self-critique in developing a culturally sensitive practice for migrant youth with PTSD.
- Develop partnerships and collaboration between educators and healthcare providers.

### POTENTIAL BARRIERS

- There is a potential burden on the education and healthcare systems.
- Contribution to burnout to providers and educators.
- Barriers to access to care are still present for migrant youth, including how welcoming the host country is.

### CONCLUSION

- The use of screening tools, especially the UCLA PTSD Reaction Index (PTSD-RI) can be helpful.
- By incorporating structural competency into our approach for migrant youth with PTSD we can reduce stigma and isolation.
- Given the impact of post-migration stressors there is a need for treatment that helps reduce these, which involves working with the education systems.

#### RECOGNIZING THE STRUCTURES

- Post-migration stressors: finances, housing, immigration system, education, language barriers, isolation, and stigma (4).
- These stressors are more significant than pre-migration events (5).

#### DEVELOPING EXTRA-CLINICAL LANGUAGE

- Understanding the historical background, values, and language of migrant youth.

#### REARTICULATING CULTURAL FORUMALITIONS

- Providing a deeper understanding of the structural forces migrant youth must face to receive care.
- Being aware of the risk of retraumatization.

#### THE INTERVENTIONS

- Incorporating treatment into school systems.
- Developing daily routines and teaching curriculums about heritage.

#### DEVELOPING STRUCTURAL HUMILITY

- Partnerships with patients to further understand their backgrounds, cultural identities, and values.
- Awareness of the evolving economic and structural factors migrant youth face with the legal system.
- Decrease the risk of retraumatization.
- Develop providers who are speakers and listeners.

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