

The state of Maryland is currently ranked 5th in the US for SIV (special immigrant visas) individuals.

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Designing a Systems of care approach to improve psychoeducation among students, parents and teachers about mental health issues in migrant population.

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INTRODUCTION

The state of Maryland is currently ranked 5th in the US for SIV (special immigrant visas) individuals and have resettled more than 6800 SIVs over the last 10 years. SIVs are given to Iraqi and Afghani Nationals who have worked with US military and meet certain requirements. Published literature has shown that migrant students often face discrimination, xenophobia and many of them have suffered from trauma. These individuals are often left underdiagnosed and under treated. On a broad sense there are 4 system partners that need collaboration to address this (Parents, teachers, students and mental health professionals)

SYSTEM OF CARE PARTNERS

The first partner are the students who often have difficulty with acculturation which is made more difficult by learning a new language. Focused groups to talk about migration, trauma, depression, anxiety may be helpful in de stigmatizing mental illness.

The second partner are the teachers who can be better informed by learning about mental illness in migration youth and how to recognize and address Trauma in these migrant youth. Teachers and the administrative staff in the school need to develop a trauma sensitive school environment and work towards becoming a trauma informed school.

The third partner are the parents, and it would be important to understand their view and idea about mental health as their definition of mental health may completely differ from the western one.

And lastly the fourth partner would be the mental health professionals who can be instrumental in developing a referral process and provide resources or these individuals in need.

