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(Dana Rusch)

OK, so hi, everyone, I'm my name is Dana Rusch,

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and I'm here to talk with you a little bit more today about some resources related to mental health

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promotion and linking families and community members to services related to mental health and wellness.

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And so I have a few directed questions that were fielded by you that I'll try to answer today.

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But I wanted to just start out by giving a little brief introduction of who I am.

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So I'm on faculty at the University of Illinois, Chicago in the Department of Psychiatry.

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I'm a clinical psychologist by training,

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and I also created and direct the Immigrant Family Mental Health and Advocacy Program at our Institute for Juvenile Research.

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So I'm going to talk to you a little bit about what that program is,

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just because I think it will help kind of situate me and situate some of the resources I'm going to be providing to you today.

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So this program has three different components to it.

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So it includes some clinical services. So these are direct outpatient services to children and families.

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I'm child psychologist by training. It also includes some community engaged research components and also a strong kind of policy advocacy component.

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And these three areas were really designed to be integrated and kind of intersecting

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because they all are informed by the global context of forced human migration,

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systemic inequity and the marginalization that a lot of immigrant and refugee communities experience,

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not only here in Chicago, but nationally and globally. And really critical, the policy level impacts on mental health.

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And then I'll talk a little bit about the ways that I have leveraged some local collaboration and resource development to really support this program.

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So briefly, I just want to talk to you about I do have some clinical services that I provide to

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kids and families in our outpatient clinic in child and adolescent psychiatry at UIC.

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These are meant to be kind of empowerment based and advocacy focused and a lot of intensive case management.

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I work mostly with K through 12 students,

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but also work with some UIC students who are impacted by immigration related stressors and also unaccompanied

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minors who are seeking asylum and who are young adults awaiting the adjudication of their asylum claims.

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So I have kind of a kind of a mixed caseload there, but just wanted to make sure that you do know I do have some of those services available,

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but I'm only in the clinic about 20% of my time. A lot of the time I spend doing a lot of research, mentorship and training of students,

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not only students who are being trained as clinical psychologists or psychiatry fellows,

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but also students who are interested in research and understanding the policy level impacts on mental health.

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And so you'll see some examples on the right side of the screen here on just some recent publications that are related and focused

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more on the role of community-based organizations and in the promotion of mental health and the well-being of immigrant communities,

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which is something that I focus a lot of my research on. And lastly,

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I focus a lot of my research on culling from the literature to pull together specific

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policy recommendations to our elected officials on how to put research into policy action.

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And so here are some examples of how I've done that, both at this kind of local level,

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but also with some kind of national efforts related to understanding the effects of immigration enforcement on the mental health

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and well-being of immigrant families and communities and being able to use those policy statements not only for legal proceedings,

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but also for advocating for more just policies at our local, state and national level.

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So that's just kind of real quick, brief overview of who I am and what I spend my time doing.

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But I really want to talk to you today about some some critical questions that came up that can help us talk a little bit

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more about how to support the mental health and well-being of the families that your Welcoming Centers are working with.

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And so one question is,

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what are some of the key things to keep in mind about the mental health and well-being of the immigrants and refugees that you serve?

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So I want to start out by just putting into context, when we think about migration, we think about immigration.

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We are often thinking about families or individuals at this kind of post migration stage.

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So once they've arrived either here in Illinois, Chicago and other parts of the world and all of the

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various stressors that that they contend with.

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But I do want to kind of widen the lens a little bit here to make sure we're thinking through what happens kind of pre-flight.

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So what are the push and pull factors that that are part of the decision to leave one's home country, oftentimes with a forceable way?

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And so these are violence contexts. This is war and unrest.

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These are climate and natural disasters, economic instability,

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family separation due to kind of transnational relationships between the US and other countries.

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And then what happens during migration, ongoing family separations, detention by authorities, interactions with new and different systems.

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And so when we think about this broader context of migration,

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it's - we can see that at every level of this, there's a possibility or an opportunity for adversity,

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adverse events to occur which compound one's ability to kind of navigate stressful situations and to navigate the the stressors of migration.

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And so I just wanted to give I think this is a slide that really highlights all the things to

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keep in mind when we think about risk and resilience and immigrant and refugee communities.

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So when I think about mental health, I do want to give you a sense of how I think about mental health.

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So I'm a trained clinical psychologist, which means I do a lot of outpatient clinic services that if you remember from those previous slides,

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to spend a lot of my time in kind of thinking through as a community engaged

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researcher and policy advocate about how can we do mental health differently.

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And so this is an example of the work that I do with a larger team of researchers at the Institute for Juvenile Research at UIC,

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where we're really trying to think about new and innovative ways to support mental health and wellness for kids and families,

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not only for immigrant and refugee families,

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but kids and families that have typically been marginalized or kept out or left out of traditional mental health services.

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So you see on the left side this kind of pyramid, right?

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So we often think about mental health services at that targeted level.

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So when we have really intensive needs that need real targeted interventions,

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that's where we think about kind of specialty mental health coming into play.

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So clinics, highly trained professionals such as psychologists, social workers, psychiatrists.

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But what my team spends a lot of time thinking about is the idea of prevention and early intervention as it applies to mental health.

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Just like we think about prevention and early intervention, when we think about public health, we don't often apply this thinking to

mental health.

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And so what we really spent a lot of our time doing is thinking about the where, the who, the what, and the how of mental health.

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So we really think about mental health as happening in the settings and places that kids and families spend their time.

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So these are homes, schools, community settings.

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The who are like who are the people that are maybe key opinion leaders and nontraditional providers in those settings,

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like teachers, coaches, community-based organizational staff. And then the what?

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So how do we align mental health with the goals of these settings?

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So how do we align mental health with learning, for example, in schools?

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How do we align mental health with conflict resolution and emotion regulation in an after school setting,

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for another example? Because that really allows us to hone in on the how.

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So what are some messages and some key kind of modeling techniques in those contexts?



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And this is what our team spends a lot of time thinking about.

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So given that that I'm talking with folks or in the CBO setting,

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this really aligns very nicely with the way I've thought about a lot of my work so far is the critical role that community organizations

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play and the staff at these organizations in promoting the mental health and wellness of immigrant and refugee communities.

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And so I've spent a lot of time thinking about, well,

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how would we use these settings in a way and leverage the knowledge and skills and resources of these settings to promote mental health and wellness?

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And so I have some ideas around how do we support parents.

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So, again, I'm a child psychologist, so I spend a lot of time with kids and families and a lot of time on thinking

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through how to support parents and how do we keep that advocacy goal in mind.

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So with a sense of kind of a focus on empowerment, building self advocacy skills in order to navigate systems and settings.

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And so I'm going to talk to you based on that model about a few

strategies or techniques that I hope might be helpful to you to think through.

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And of course, you can always contact me in the future to to have further discussions around this.

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But I want to talk about some strategies around how to support parents.

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I want to talk about some strategies about like well what is kind of a some models around kind of

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family mental health advocacy and what are some tips around psychological first aid,

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which you may have heard of and the ways that we might think about that or operationalize

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that using some some slides from my Coalition for Immigrant Mental Health,

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which I'll also talk about in a few minutes. OK, so so first, I'm going to start out with some parenting support.

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So, again, I focus a lot of my time on working with kids and families.

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And parents are such critical change makers in the lives of kids in the communities that they live within and.

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Just because someone is an immigrant or a refugee doesn't surpass

their role as a parent,

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and so a lot of things that feel out of control or out of the realm of their control,

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related to policy, related to kind of community context, we can leverage and build some sense of empowerment.

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We focus on what do you need in your day to day to feel successful and supported and empowered as a parent.

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And so my team and I worked with four social service agencies on a program called Partners Achieving Student Success,

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where we focused a lot on this. Really distilling key messages from the research literature on what helps parents feel supported.

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What are some key skills that parents kind of can master and practice to help them feel more empowered and in supporting their kids?

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And you'll see these six key skills on the left here. So they're not they're not anything drastic.

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They're kind of day to day support.

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So reading homework and home routines, positive discipline, how to build family school connections, how to reduce stress.

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And so if you're interested in these kinds of key skills, they were designed with paraprofessionals in mind.

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So the folks who delivered these key skills and coached parents in these key skills were not psychologists and social workers.

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They were community members of the community working in school teams within social service agencies to really support parents.

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And so the QR code on the right here, you can pull up, I'll walk through a little bit of this in a few minutes.

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But where you can get see those key skills, we have them available in English and Spanish.

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They're available to you free of charge. The one thing I ask you to do is if you do want to use these in your organization, please

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just in the PDF, in this QR code, you'll see like a another survey link, fill out the survey.

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Just let us know who you are,

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how you might intend to use these just because it helps us gather some data and how they could be useful and also helps us

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gather some data on maybe the need for translation or adaptation of these skills to other languages or other subgroups.

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So and then I'm going to walk through a little bit more about what I'm thinking when I talk about family mental health advocacy.

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So this is one thing that I think the parenting skills is one piece.

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The other piece of this is how do we really leverage and acknowledge and build upon the capacity and the content

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knowledge that you have as community staff who have a history of working with with immigrant and refugee communities.

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So how do we kind of talk through and think about that contextual knowledge?

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So what types of things impact mental health? That kind of hearkens back to that that slide represented a few moments ago.

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What are some ways that you can build in advocacy skills into your kind of day to day supports for families?

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And are there some ideas that we need in there to help have conversations with parents about psycho education?

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So how to talk with parents about things like anxiety or depression or psychological distress,

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how to identify learning challenges and interacting with the school system?

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And so here's kind of an example of how I might do that in my day to day outpatient work.

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But I think it's applicable to settings outside of the clinic.

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In fact, I think it's applicable to anyone working with kids and families is really like everyone has a role to play.

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Parents have a role to play. Children and adolescents have a role to play in their life and in navigating the systems that they're part of.

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And also, I have highlighted here the role of schools because I do a lot of work with schools and teachers are so important for kids and families.

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And so this gives you kind of a framework for how you might be able to kind of

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action plan with a family and come up with a plan where everyone kind of has some

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stats and you can kind of work together on identifying things that can improve

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some outcomes for kids related to school and their mental health and wellbeing.

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So I'm going to walk through quickly, so you might have heard a lot about psychological first aid in the literature.

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There's a lot of talk about the application of psychological first aid to community settings here internationally in the US,

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but it really was originally designed to be implemented in kind of emergency response situations.

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So in response to a crisis like a natural disaster and was intended to be

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delivered by kind of non mental health providers in those disaster situations.

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And so it's really been, there's been a rapid proliferation of using this approach in community settings to address kind of non disaster situations,

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but maybe high stress context. So like it like the high stress context of increased immigration enforcement, for example.

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I do want to highlight that you can get more information about psychological first aid training

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from the link here by the National Childhood Traumatic Stress Network and some other places.

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But I do want to caution that we still don't have enough research on kind of what's the effectiveness of using

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this approach kind of across different target populations and outside of that kind of disaster relief context.

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So it's it is important to kind of keep that in mind as we're thinking through it.

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But the next few slides and you'll have a copy of these slides, I'm sure.

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So I'm not going to walk through all this information. But these next few slides take the 12 steps of kind of psychological first aid

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that have been adopted by the American Red Cross or from the American Red Cross,

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by my Coalition for Immigrant Mental Health. It's kind of like really take these steps and try to operationalize them for you.

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So what are some steps you can take to support your community? Using this model is kind of a framework.

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And so this gives you some examples of how to do that.

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And you'll see some some notes underneath each of these steps to kind of bring this to life for you.

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And you might see, as you're reading through this,

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that this is really resonating what you're already doing in your practice or what maybe you could be focusing on more in your day to

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day practice with families that you and individuals that you're working with and just thinking through it as a mental health support,

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because that information and the assurance and the support that you provide to families is in and of itself a mental health intervention.

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And these steps really highlight that. So the next question that came up is, are there webinars or conferences,

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kind of different networks that can help build kind of capacity and skills, particularly as they relate to supporting mental health?

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And so I'm going to walk through a few a couple kind of more local resources for

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you and also kind of a more national resource that which I already mentioned,

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which is the National Child Traumatic Stress Network, to give you some some places to start, some places to go to.

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So and after I walk through all these, I'll demo some of these.

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I'll stop sharing my screen, my presentation and demo this on online.

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But the Coalition for Immigrant Mental Health is a coalition that began here in Illinois

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and locally and in Chicago is kind of where we started back in 2016.

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That involves multiple stakeholders who are involved in immigrant justice activities.

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And so this includes practitioners, direct service providers, researchers and scholars,

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community activists and community organizations, policy advocates, legal legal advocates.

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So it really a lot of trainees and students and also directly impacted community members.

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And we really wanted this coalition to be focused on supporting mental health and wellness through different action areas.

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So through education and outreach, research and data and then policy and advocacy.

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And so on this website, we have a lot of information about upcoming events, convenings that we hosted,

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which also include a lot of kind of panel discussions and an educational information for for for folks, but also a resource directory.

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So where can you go, particularly for mental health resources? And I'll demo where you can find that in a few moments.

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But this is a really great resource for you. And you can also join our listserv.

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And the listserv is used for lots of different ways, for community communicating information about resources, webinars, meetings,

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but also when people often use that listserv for looking for referrals for maybe a family or an individual that they're working with.

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And it's a really great resource to have in that in that sense.

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OK, so additional resources that I wanted to highlight is again, I've mentioned this website a couple of times.

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The National Child Traumatic Stress Network has a wealth of information that is trauma informed and kind

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of contextually and culturally relevant for working not only with immigrant and refugee communities,

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00:20:11,770 --> 00:20:19,780

but also other communities that have been impacted by trauma. And so I think that this is just such a great website to have.

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It can be a little bit overwhelming because they have so many resources there.

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I'm going to show you how you can kind of filter and search by key terms to find some of the information that that may be useful to you,

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including webinars and and training and educational materials, but also kind of outreach materials for families and community members as well.

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And then the Center for Childhood Resilience is located at Lurie Children's Hospital here in Chicago.

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00:20:45,790 --> 00:20:48,940

And they do have kind of a virtual learning community.

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00:20:48,940 --> 00:20:56,470

From what I can tell, it is free of charge where you can kind of get together and and find some training and resources.

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00:20:56,470 --> 00:21:00,970

And they really focus on on kids. They focus on risk and resilience,

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00:21:00,970 --> 00:21:10,720

but they provide a lot of, I see them as almost like a local focus of something that the National Childhood Trauma Traumatic Stress Network is doing.

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00:21:10,720 --> 00:21:23,430

And so it's really nice to have those two things kind of working in tandem. OK, so the last question is, are there funding sources to help CBO staff,

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00:21:23,430 --> 00:21:28,050

so for things like attending conferences, getting more training opportunities?

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00:21:28,050 --> 00:21:37,560

And so I'm going to talk again a little bit about the CIMH and also talk a little bit about some resources that the UIC can offer.

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00:21:37,560 --> 00:21:45,390

So the CIMH once again has a website that we often offer conferences.

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00:21:45,390 --> 00:21:54,630

We actually do a community meeting every year. This past year during the pandemic, we've had a series of virtual meetings that have all been recorded.

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00:21:54,630 --> 00:22:03,990

And you can find them online and you can join one of our work groups in our listserv that maybe

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00:22:03,990 --> 00:22:09,150

best aligns with maybe where you might want to get more training and get more information.

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00:22:09,150 --> 00:22:14,190

So I will encourage you to go to our website and kind of find out a little bit more about what might be helpful

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00:22:14,190 --> 00:22:21,510

and useful to you in terms of attending conferences or additional groups and and training opportunities.

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00:22:21,510 --> 00:22:28,410

But it's really a great way to network and to learn from other folks, not only in the Chicagoland area,

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00:22:28,410 --> 00:22:41,920

but across Illinois that are doing this work and how to kind of build build some community and get some some input and support that way.

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00:22:41,920 --> 00:22:49,540

And then the, the one resource that may seem a little bit different than the other resources I've mentioned so far,

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00:22:49,540 --> 00:22:56,320

the other resources I've mentioned have been really focused on kind of mental health services, directories,

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00:22:56,320 --> 00:23:05,650

psycho educational materials related to trauma or psychological first aid or provider supports.

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00:23:05,650 --> 00:23:14,350

This particular resource is part of our community engagement and collaboration core of our Center for Clinical and Translational Science here at UIC.

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00:23:14,350 --> 00:23:27,310

So this is a nationally funded grant and I'm part of the community

engagement and collaboration core of this, this large CCTS at the UIC, at USC.

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00:23:27,310 --> 00:23:34,960

And so there is a contact form that if you, your organization was looking to partner with a research team or was looking for

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00:23:34,960 --> 00:23:44,590

some some consultation on a research grant or funding opportunity that you were you were seeking for your your center,

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00:23:44,590 --> 00:23:49,270

you can request kind of a meeting with us and we can kind of sit down and kind of work

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00:23:49,270 --> 00:23:54,130

with you and and provide some guidance and some consultation around those those things.

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00:23:54,130 --> 00:24:02,000

Or perhaps we'll link you to some other folks at UIC or within other academics within within the city that can can work on this.

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00:24:02,000 --> 00:24:09,220

We partner a lot with the Chicago Department of Public Health and the other translational science centers in Chicago.

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00:24:09,220 --> 00:24:12,790

So UIC has one. So does U of C and so does Northwestern.

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00:24:12,790 --> 00:24:19,450

And so we have a lot of this activity kind of going on in our city, which is which is really, really exciting.

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00:24:19,450 --> 00:24:20,560

And then lastly,

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00:24:20,560 --> 00:24:32,720

this other link that you have here is there's a research ethics training that that was developed by UIC specifically for training

community members

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00:24:32,720 --> 00:24:38,950

for the participation in research and kind of ethics around kind of research and research partnerships.

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00:24:38,950 --> 00:24:47,710

And this training is available currently in English and Spanish. But it might be a really nice tool for Welcoming Centers and for staff to know of,

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00:24:47,710 --> 00:24:58,090

even if they wanted to just become more familiar with with research so that they feel better equipped and better positioned for

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00:24:58,090 --> 00:25:08,750

developing those those research partnerships with with, whether it's with UIC or any other kind of academic or research institution.

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00:25:08,750 --> 00:25:16,400

OK, and so here is my contact information, you can contact me by phone, email is probably the easiest way to get me.

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00:25:16,400 --> 00:25:23,750

If you had any questions about some of this information or wanted to talk through some of it more as it relates to your specific welcoming center,

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00:25:23,750 --> 00:25:33,210

your specific goals or questions. And what I'm going to do is I'm going to stop sharing this and I'm going to pull up my,

232

00:25:33,210 --> 00:25:45,660

my online let's to see if I can do this.

233

00:25:45,660 --> 00:25:57,450

One second, it's not letting me do that would be. Just want to demo some stuff for you.

234

00:25:57,450 --> 00:26:04,350

OK, so I have some resources pulled up here, and I thought I would just demo walk through them with you.

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00:26:04,350 --> 00:26:09,990

So this is the main page, the home page for the Coalition for Immigrant Mental Health.

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00:26:09,990 --> 00:26:14,100

We are kind of updating this this website regularly.

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00:26:14,100 --> 00:26:20,280

So but the task bars across the top should stay pretty consistent.

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00:26:20,280 --> 00:26:25,050

So just wanted to walk through how you can find different things on this Web site.

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00:26:25,050 --> 00:26:31,350

So you'll see that we often put out some statements on kind of local events and policy issues.

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00:26:31,350 --> 00:26:35,670

You're going to see a little bit about the work group meetings schedule here on our main page.

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00:26:35,670 --> 00:26:41,760

And if you wanted to attend any of our meetings right now, we're still doing most of our work virtually,

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00:26:41,760 --> 00:26:47,970

but hope to kind of restart some of our meetings in person, perhaps in the fall.

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00:26:47,970 --> 00:26:53,550

But I want to show you - let's see if I can use this - resources.

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00:26:53,550 --> 00:27:02,400

So if you click on the resources tab up here on the top, you're going to see this drop down menu is going to give you a lot of different resources.



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00:27:02,400 --> 00:27:10,350

But I want to walk through with you is this second tab, which is the mental health resources, so you can click on this.

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00:27:10,350 --> 00:27:15,840

And we have a resource directory. It's available currently in English and Spanish.

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00:27:15,840 --> 00:27:32,160

And this gives you a list of I'm going to click on it, see if I can pull it up for you, gives you a list of resources by kind of area in the city.

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00:27:32,160 --> 00:27:39,000

And so and it gives you information about what if waiting lists,

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00:27:39,000 --> 00:27:45,510

about what insurance is accepted or if they accept people on a sliding scale or those who are uninsured or undocumented.

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00:27:45,510 --> 00:27:50,040

And so and it walks through by kind of area.

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00:27:50,040 --> 00:27:56,970

So I think this is really helpful for people to have in terms of knowing kind of where to go and where to start.

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00:27:56,970 --> 00:28:03,600

So oftentimes when people come to us with a request for services, we really direct them to look at our resource directory first.

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00:28:03,600 --> 00:28:07,630

But we're working on with this resource directory is making it a little bit more user friendly.

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00:28:07,630 --> 00:28:10,920

So I encourage you to kind of come back to this often.

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00:28:10,920 --> 00:28:16,620

We're going to be doing something where you can search by language, you can search by sites and making it a little bit more searchable.

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00:28:16,620 --> 00:28:20,280

But as you can understand, that takes a lot of time to get that that together.

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00:28:20,280 --> 00:28:26,910

And we're a volunteer coalition. So everyone's kind of doing this work kind of on kind of their donated time.

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00:28:26,910 --> 00:28:34,590

But keep keep an eye out for those those resources. But I think that's a really great place for you to go.

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00:28:34,590 --> 00:28:40,830

So the second place I want to show you is more of a local, excuse me, a national resource.

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00:28:40,830 --> 00:28:49,530

And again, this is more focused on childhood trauma, but they have a lot of resources in the form of kind of webinars,

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00:28:49,530 --> 00:28:55,590

presentations that you can watch for kind of training purposes, but also educational materials that are outward facing.

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00:28:55,590 --> 00:29:00,660

So for parents, community members, teachers, for children themselves.

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00:29:00,660 --> 00:29:07,020

And so you can scroll up here and search out different things.

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00:29:07,020 --> 00:29:14,910

So you'll see here they have something on psychological first aid, which I referenced in the in my presentation.

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00:29:14,910 --> 00:29:20,590

And then they have a whole bunch of resources. So training, public

awareness, resources.

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00:29:20,590 --> 00:29:34,280

I'm going to type in here just to show you. Oops, just some if you use a key term, so immigrant,

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00:29:34,280 --> 00:29:42,230

you're going to find different resources here and you can search by research, research, resource type.

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00:29:42,230 --> 00:29:48,560

So webinars are there, fact sheets, different tip sheets, resource guides.

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00:29:48,560 --> 00:29:52,850

And so I encourage you to kind of get familiar with this website.

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00:29:52,850 --> 00:29:56,960

You might find information in there that you find is really helpful to you in terms of your own training.

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00:29:56,960 --> 00:30:00,980

You might find that there are some fact sheets or information that's often provided

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00:30:00,980 --> 00:30:06,920

in different languages for families or individuals that you're working with.

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00:30:06,920 --> 00:30:15,800

So I think that's another really great resource to have. And then lastly, I wanted to show you the Center for Childhood Resilience.

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00:30:15,800 --> 00:30:21,110

So, again, this is a center that's located within Lurie Children's Hospital downtown.

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00:30:21,110 --> 00:30:24,590

And they have this option for a virtual learning community.

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00:30:24,590 --> 00:30:31,310

And you can see here that this goal is to provide kind of free training and education to help educators,

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00:30:31,310 --> 00:30:37,880

clinicians, parents and caregivers better support the mental health of of children.

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00:30:37,880 --> 00:30:43,280

So this might be a really great resource for you and you.

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00:30:43,280 --> 00:30:52,010

There's information down here on how to join. I think you probably just need to register and you'll get more information about that.

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00:30:52,010 --> 00:31:03,140

But again, it's kind of all with the goal of getting some more information and maybe some training around mental health and introduction to trauma,

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00:31:03,140 --> 00:31:10,100

an introduction to working with kids. Again, they talk a little bit about psychological first aid and just self care as a provider.

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00:31:10,100 --> 00:31:12,170

And so this might be a really great resource for you.

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00:31:12,170 --> 00:31:22,570

So I want to make sure that that I walk through that with you and then let me see if I can get my last one here.

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00:31:22,570 --> 00:31:29,340

Oh, hold on. Oops.

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00:31:29,340 --> 00:31:35,090

I can't seem to get to my. Here we go.

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00:31:35,090 --> 00:31:43,130

And then the resource that I mentioned to you about how to connect

with kind of a the the community engagement collaboration core at UIC.

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00:31:43,130 --> 00:31:48,620

This is our main page, which I included the link in the presentation.

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00:31:48,620 --> 00:31:53,600

You'll see here that you can scroll down if you need kind of a consultation, a presentation,

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00:31:53,600 --> 00:31:59,150

if you are an organization or a researcher that needs a letter of support for something.

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00:31:59,150 --> 00:32:04,010

And we kind of break this down by like, well, where are you in this stage of your work?

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00:32:04,010 --> 00:32:07,770

Do you need help with project planning and design? So, for example,

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00:32:07,770 --> 00:32:13,400

are you a community organization that's looking to really kind of partner with a researcher around understanding the needs of your

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00:32:13,400 --> 00:32:21,290

community and maybe starting out a program evaluation of some sort that might be you might be in this kind of project planning stage.

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00:32:21,290 --> 00:32:31,670

And so we encourage you to kind of look at this website to see if this might be helpful to you, including any upcoming trainings.

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00:32:31,670 --> 00:32:37,430

We have some toolboxes on how to promote community engagement, particularly community engaged research.

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00:32:37,430 --> 00:32:42,830

And so it may or may not be helpful to you, but I wanted to make sure that I walked you through that so that you also felt like

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00:32:42,830 --> 00:32:47,060

you can have a way to connect with some kind of university based resources,

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00:32:47,060 --> 00:32:53,570

particularly when it comes to kind of research partnerships, research partnerships that are geared towards health equity,

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00:32:53,570 --> 00:33:03,630

which is what what our Translational Science Center is is responsible for facilitating.

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00:33:03,630 --> 00:33:16,430

OK, and then I'm going to get out of here and show you one last thing.

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00:33:16,430 --> 00:33:23,330

So this is a PDF. So remember that QR code that I had in my presentation about those key parenting skills that my team has put together?

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00:33:23,330 --> 00:33:29,300

I'm going to show you what it looks like. So this is the let me make it bigger so you can see it.

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00:33:29,300 --> 00:33:36,380

So this is the the Partners Achieving Student Success, kind of like the material kind of packet.

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00:33:36,380 --> 00:33:41,780

And so this gives you some references of all the different studies and things that we publish on this work,

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00:33:41,780 --> 00:33:47,450

including a paper that really describes how this was developed in partnership with our community providers

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00:33:47,450 --> 00:33:54,050

and was based on the core values that we decided where, where really dictating our work and tasks.

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00:33:54,050 --> 00:34:01,700

And so it is a really, really collaborative and kind of community, community partnered project.

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00:34:01,700 --> 00:34:05,150

And so and then you'll see that these are the key skills.

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00:34:05,150 --> 00:34:11,000

So this first page on the left versus key skills over here are all the six skills with some of the main bullets.

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00:34:11,000 --> 00:34:16,040

So like what are the key ingredients when it comes to family and school connections, for example?

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00:34:16,040 --> 00:34:22,850

And then each key skill has a one page, one or two page kind of deeper dive, if you will.

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00:34:22,850 --> 00:34:26,150

That really is meant to be kind of a messaging sheet.

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00:34:26,150 --> 00:34:31,790

So if I really wanted to work with a parent that was struggling with how to support reading at home,

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00:34:31,790 --> 00:34:39,980

particularly if their children now become an English language learners and they are not English is not the primary language at home,

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00:34:39,980 --> 00:34:45,230

what are some ways you can support reading through kind of some of these key skills and messages?

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00:34:45,230 --> 00:34:50,300

And we we learned a lot from the application of these skills with several of our

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00:34:50,300 --> 00:34:55,190

schools and community partners worked with predominantly immigrant communities.

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00:34:55,190 --> 00:35:03,470

And so we saw that these were kind of applicable across across communities and across different cultural groups.

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00:35:03,470 --> 00:35:11,310

And so you'll see that each page has some information for you about how you might

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00:35:11,310 --> 00:35:18,120

have some conversations with parents or individuals about parenting and supporting kids,

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00:35:18,120 --> 00:35:22,350

and then we have these available currently in English and Spanish,

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00:35:22,350 --> 00:35:25,230

but of course, if there is a need for other languages,

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00:35:25,230 --> 00:35:30,110

we'd love to partner with other organizations about how to make these accessible to other languages.

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00:35:30,110 --> 00:35:37,680

The groups that we were working with on our program were predominantly African-American and Latinx communities.

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00:35:37,680 --> 00:35:43,380

And so that's kind of where this the language versions were, why they were developed in this way.

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00:35:43,380 --> 00:35:56,130

OK, so that gives you a little bit of a sense of some of the resources that you can go to for more information about mental health messaging,

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00:35:56,130 --> 00:36:03,720

about psychological first aid, about training and resources for you as community staff.



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00:36:03,720 --> 00:36:10,590

And you can also feel free to reach out to me. And I can see if there's any other questions or things that I can help with.

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00:36:10,590 --> 00:36:19,740

You know, please feel free to let me know and I'll do my best to either connect you to resources or kind of follow up with your your agencies

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00:36:19,740 --> 00:36:32,288

individually about how we can make sure that you feel supported in the work you do with communities around mental health and and wellbeing.