

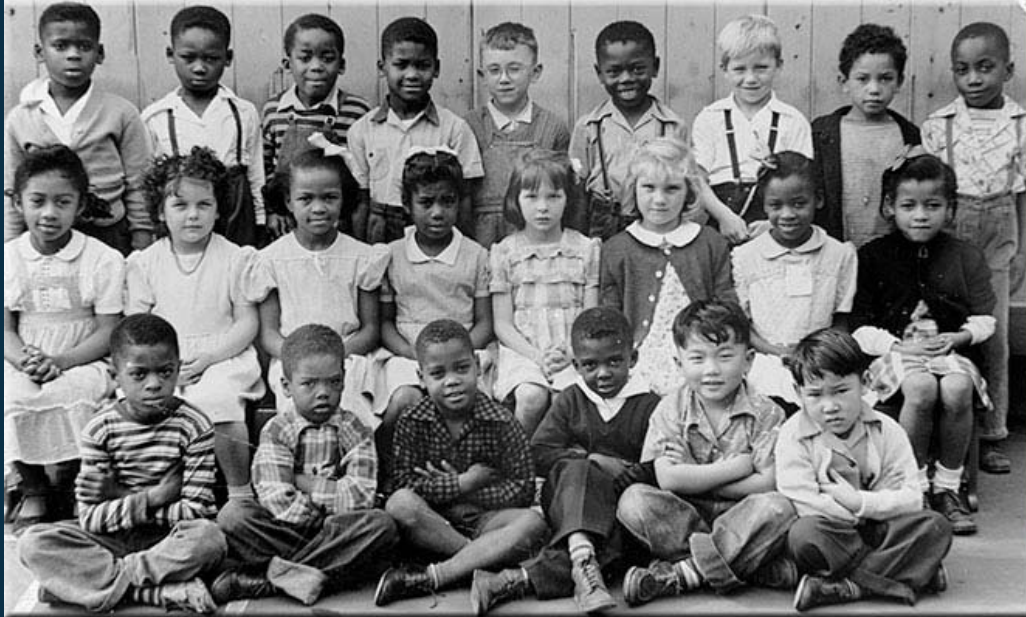


ARCHI QUARTERLY BREAKFAST

September 5, 2018

WELCOME & INTRODUCTIONS

Mike Carnathan, Atlanta Regional Commission

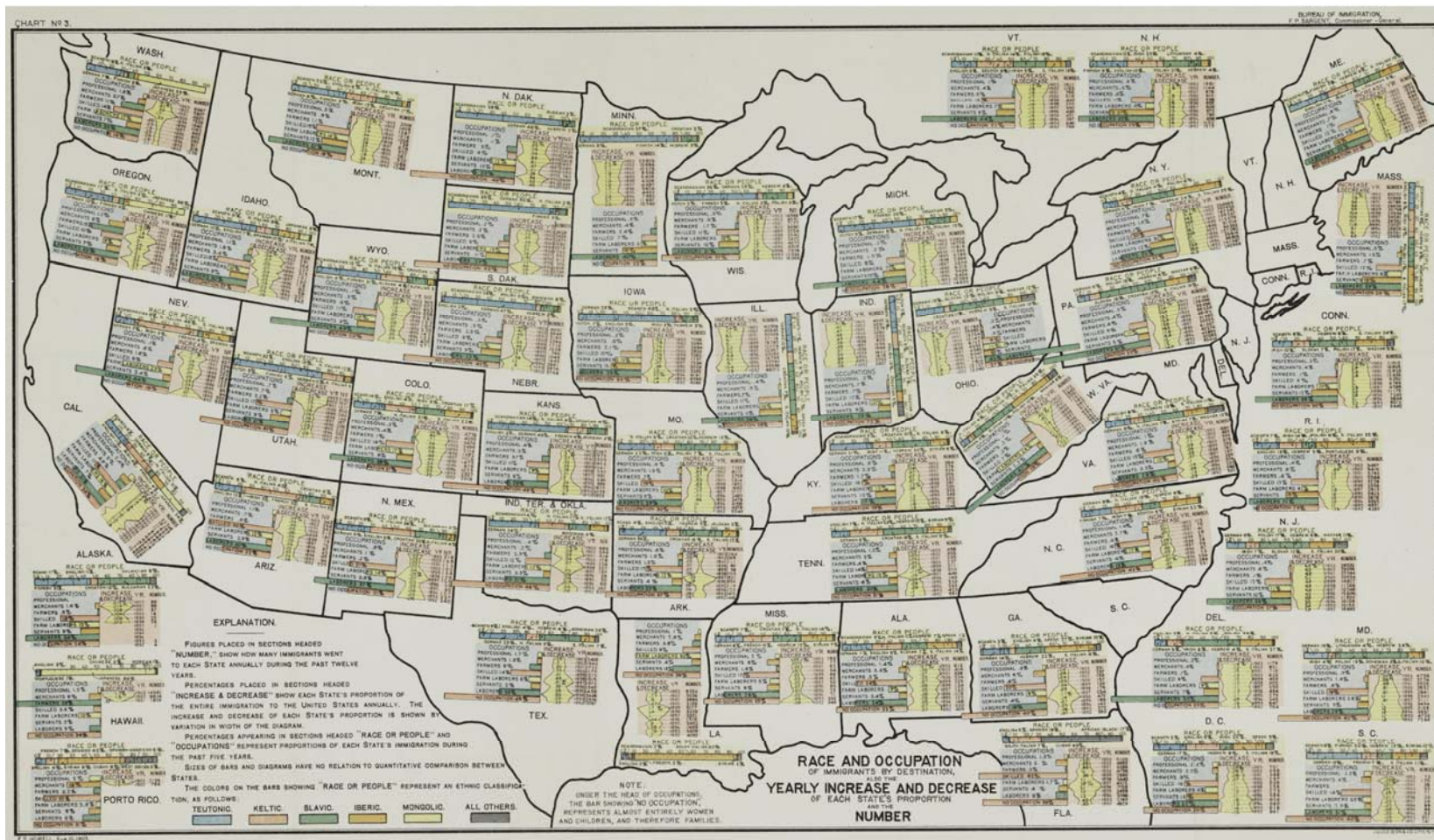


HEALTH IS A HUMAN RIGHT

[RACE AND PLACE IN AMERICA]

WHERE:
College of Law
Research Centers and Institutes
4th Floor
85 Park Place
Atlanta, GA 30303

OPEN TO THE PUBLIC:
Monday-Friday
9 a.m. - 5 p.m.



Julius Bien & Co. , Races, Immigration: United States. Immigration to the United States: Chart No. 3: Race and Occupation of Immigrants by Destination, also the Yearly Increase and Decrease of Each State's Proportion and the Number, 1903. Courtesy of Harvard Art Museums/Fogg Museum, Transfer from the Carpenter Center for the Visual Arts; Social Museum Collection, 3.2002.3530

**Buch Alley in
Pittsburgh, ca.
1903**

Courtesy of
Harvard Art
Museums/Fogg
Museum,
Transfer from
the Carpenter
Center for the
Visual Arts;
Social Museum
Collection,
3.2002.41.1



BUCH ALLEY:
SHOWING CONDITIONS IN UNPAVED ALLEYS.





Cramped El Bracero living quarters, photograph by Leonard Nadel, 1956

Courtesy of Leonard Nadel Bracero Photograph Collection, Division of Work & Industry, National Museum of American History, Smithsonian Institution



**Mexicans
entering the
United States
immigration
station, El Paso,
Texas, June 1938,
photograph by
Dorothea Lange**
Courtesy of
Library of
Congress, Farm
Security
Administration
Collection, LC-
DIG-fsa-8b32436



AGENDA

- **Health Equity: The Immigrant and Refugee Experience**
- **Padam and Purna's Path in Clarkston**
- **Perspectives from Community-Based Organizations**
- **Announcements & Closing**



HEALTH EQUITY: THE IMMIGRANT AND REFUGEE EXPERIENCE

Pierlugi Mancini, Multicultural Development Institute, Inc.

Immigrants, Refugees, Trauma and Adverse Childhood Experiences

ARCHI Quarterly Breakfast
September 5, 2018
Atlanta, Georgia

Pierluigi Mancini, PhD
Multicultural Development Institute, Inc.
Pierluigi@eldoctormancini.com * www.eldoctormancini.com



IMMIGRATION



(c) 2017 Pierluigi Mancini, Ph.D.

Immigration

- Voluntary
 - Individual or family decide to move
- Involuntary
 - Familial
 - Social
 - Political
 - Slavery
 - Human trafficking
 - Sex trafficking
- Refugees
- Asylee
- Documented
- Undocumented
- Unaccompanied children

Reasons For Immigration

- Improve economic level
 - Temp - Make money to build a house/buy car
 - Permanent stay
- Improve quality of life
- Improve educational level
- Avoid/Escape political persecution
- Unite with family already in U.S.
- Curiosity (especially adolescents)

Immigrants vs. Refugees/Asylees

- Difference in legal status: refugee vs. immigrant, documented vs. undocumented
- Differences and similarities in experiences
- Differences in access to services
- Other special groups: unaccompanied minors, asylum seekers, temporary protected status



(c) 2017 Pierluigi Mancini, Ph.D.

Immigration trends

- There were 43.2 million foreign born immigrants living in the US in 2015.
- This represents 13.4% of the nation's population
- Expected to be 78 million by 2065



Numbers

- 51.2 million displaced world wide (UNHCR, 2013)
- Approximately half under the age of 18 (UNHCR, 2013)
- 810,000 under the age of 18 resettled in the US since 1980 (BRYCS, 2012)
- Between 1994 and 2014, the percent of immigrant youth living in the United States increased from 18 to 25% (Child Trends Data Bank, 2014).
- By 2040 it is projected that 50% of the youth in the U.S. will be children who were either born outside the US and immigrated, or whose parents are immigrants (Filindra et al., 2011)

Numbers

- A total of 69,975 persons were admitted to the US as refugees in 2014.
- Leading countries were Iraq, Burma, Somalia and Bhutan.
- During 2014, 23,533 individuals were granted asylum affirmatively by DHS
- 8,775 were granted asylum defensively by DOJ
- Leading countries granted asylum were China, Egypt, and Syria.
- **Since 2016 drastic reductions, last year less than 20,000**

All experience trauma

- Pre-migration, migration, and resettlement
- Direct exposure to or witnessing of violence
- Sexual assault and gender-based violence
- Torture and detention
- Disruption of family and community
- Lack of access to basic resources (food, water, medical care, shelter)
- Long journeys on foot, living in refugee camps

Unique Experiences of immigrant Children and Adolescents

- Trauma and displacement
- Early childhood deprivation
- Developmental issues
- Parental trauma, impact on parenting
- Displacement, impact on family
- Acculturation, resettlement, isolation stressors
- Prior school experience

Immigrants and Mental Health

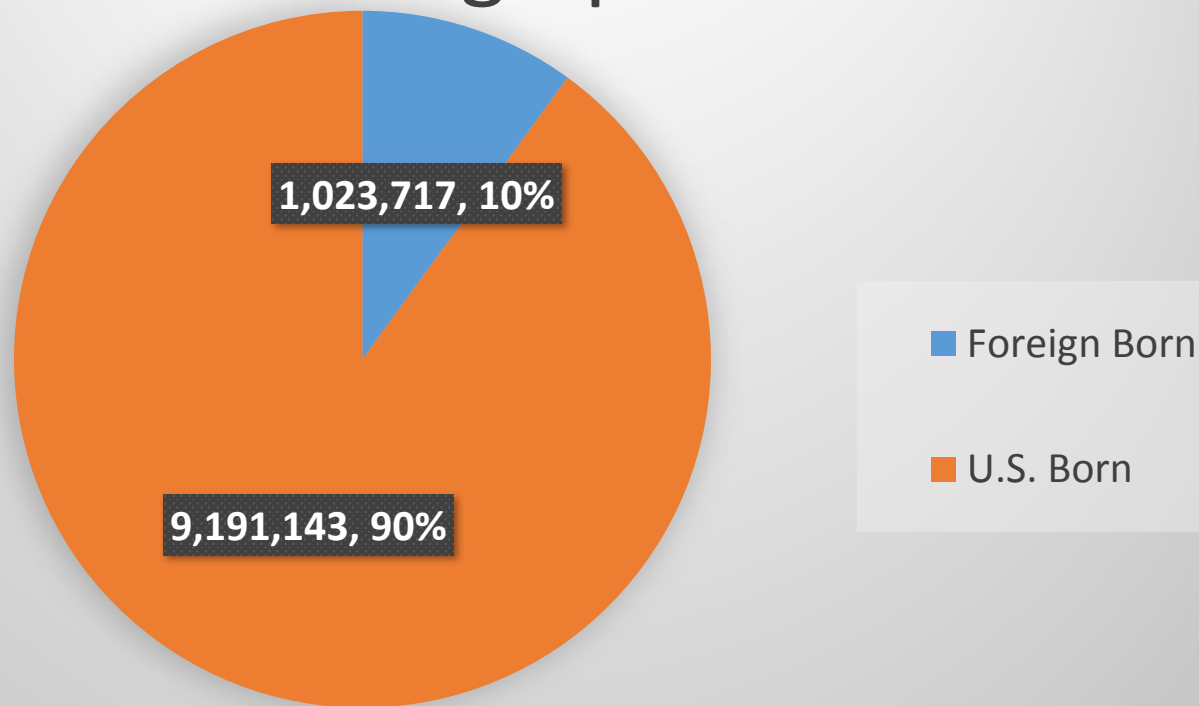
- Those with high exposure to trauma at risk for PTSD, depression, anxiety, sleep problems, somatic complaints, behavioral, conduct, and school problems
- Symptoms may diminish and recur over time
- Role of parental adjustment
- Importance of social environmental stressors
- Resilience

For summary of literature on Children and Adolescents see <http://www.apa.org/pubs/info/reports/refugees-full-report.pdf>

What we know about the immigrant population in GA?

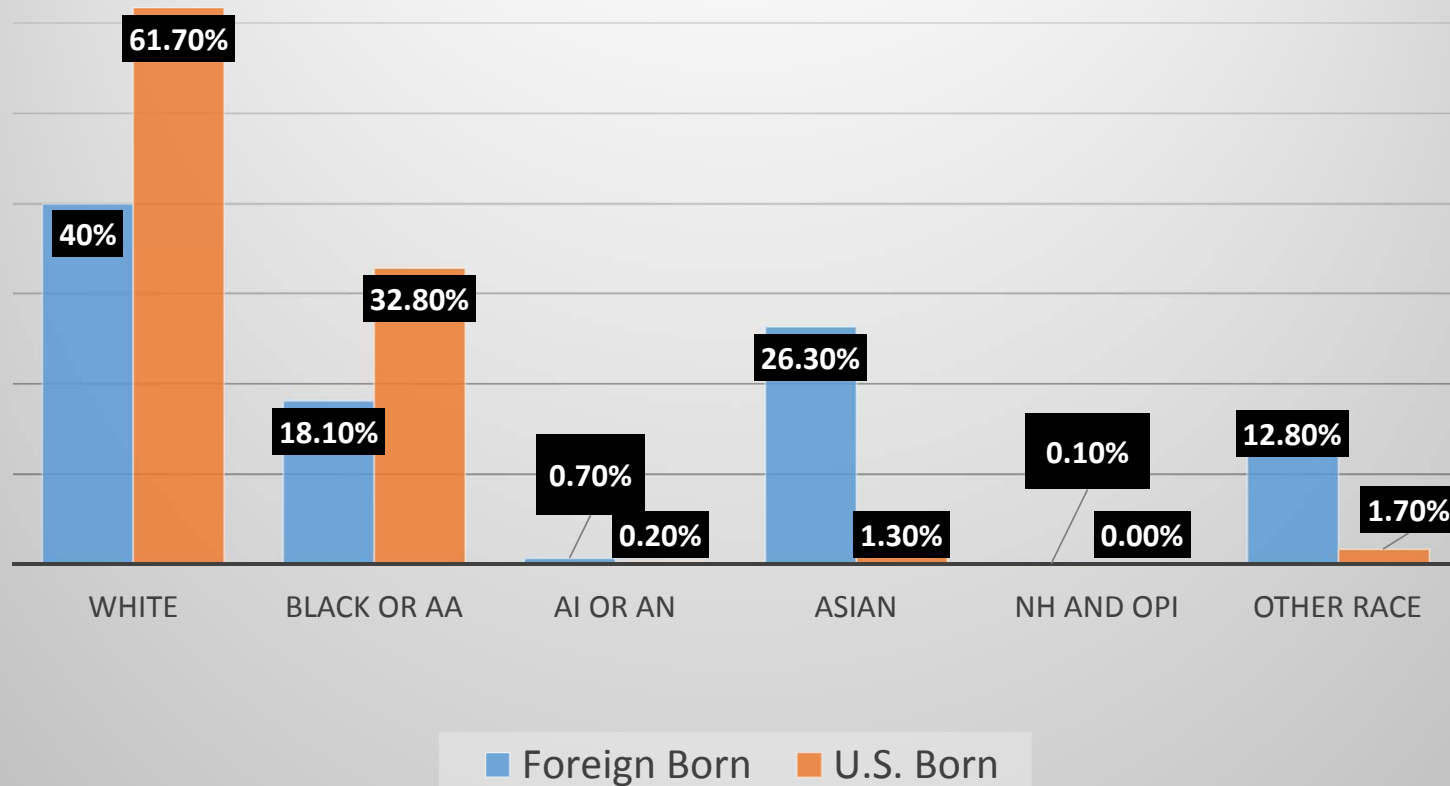


Georgia Immigrant Demographics



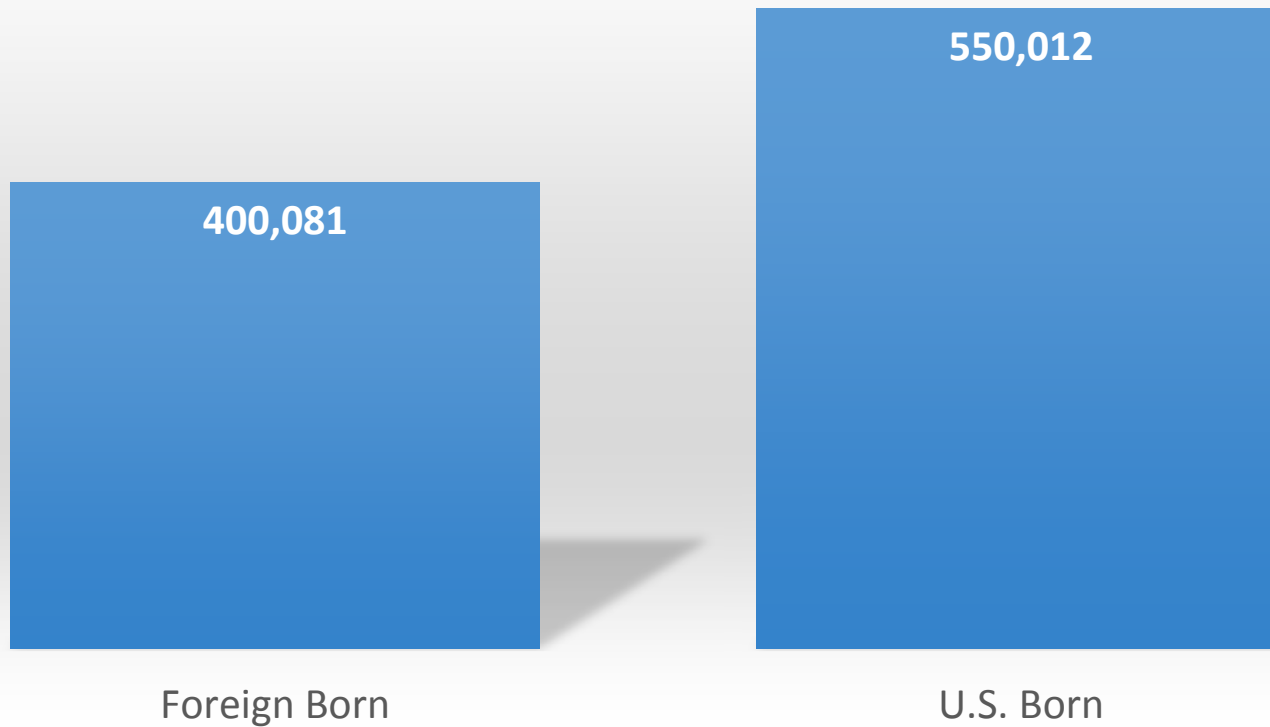
<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

Racial Diversity

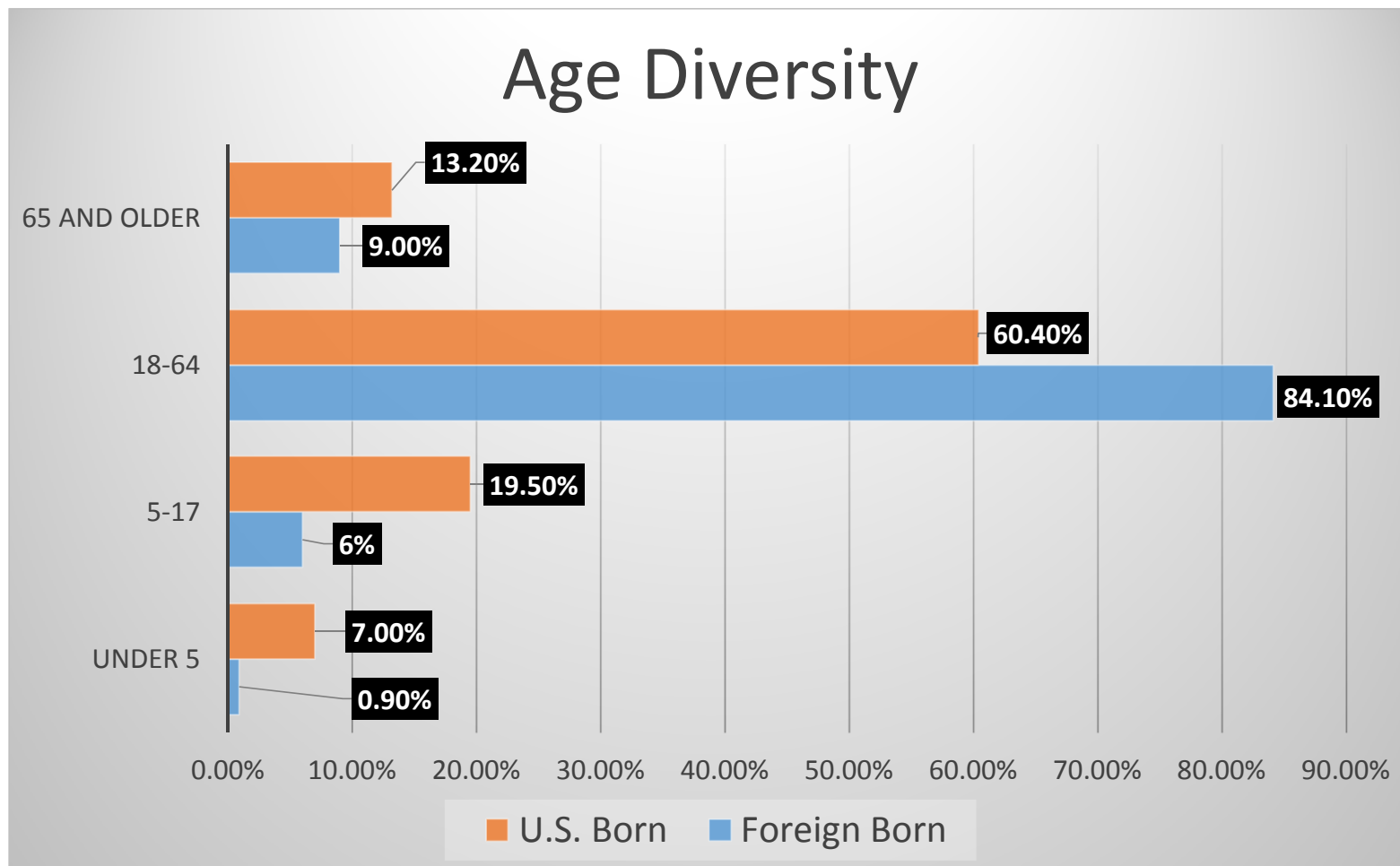


<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

Latino Origin

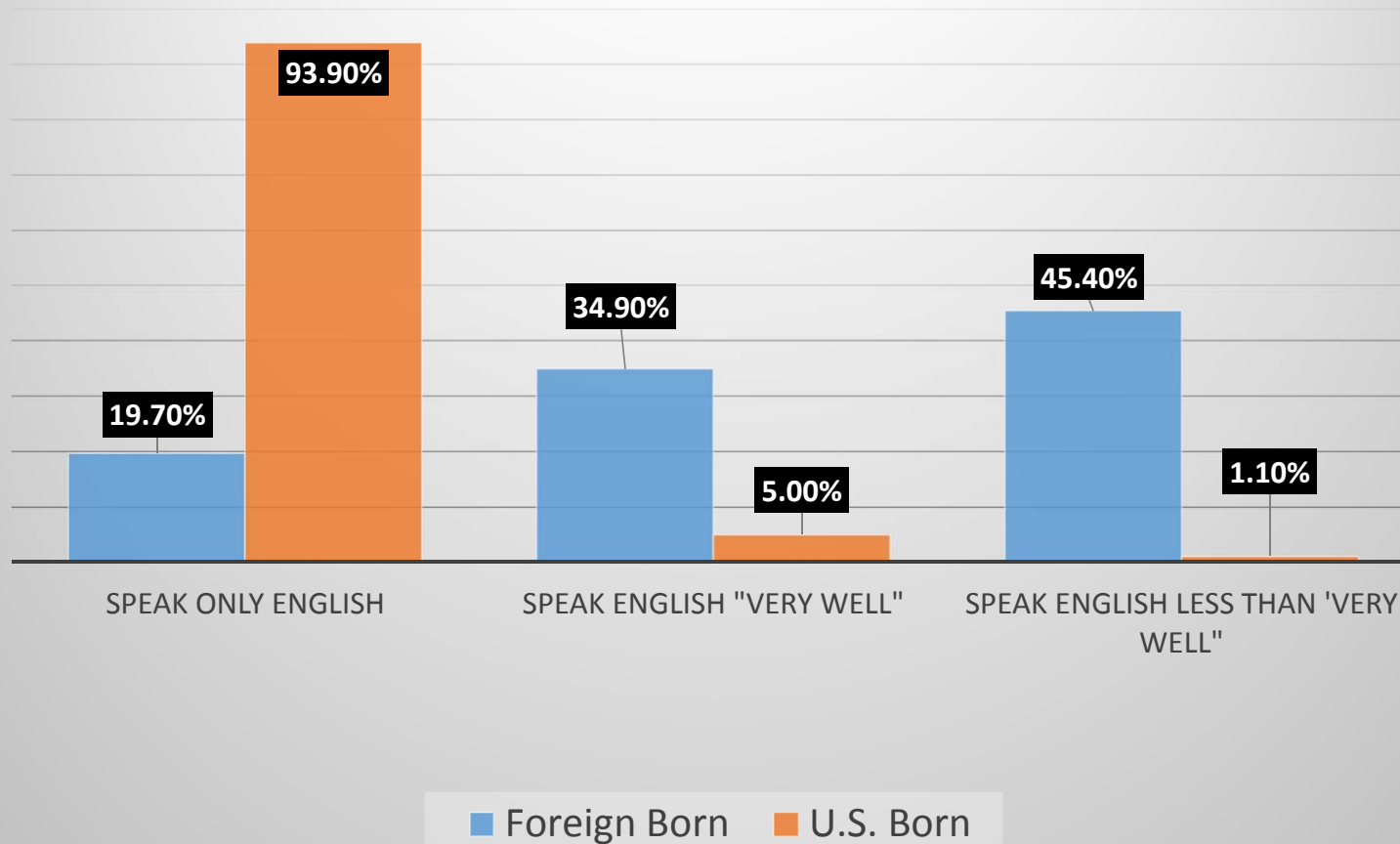


<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>



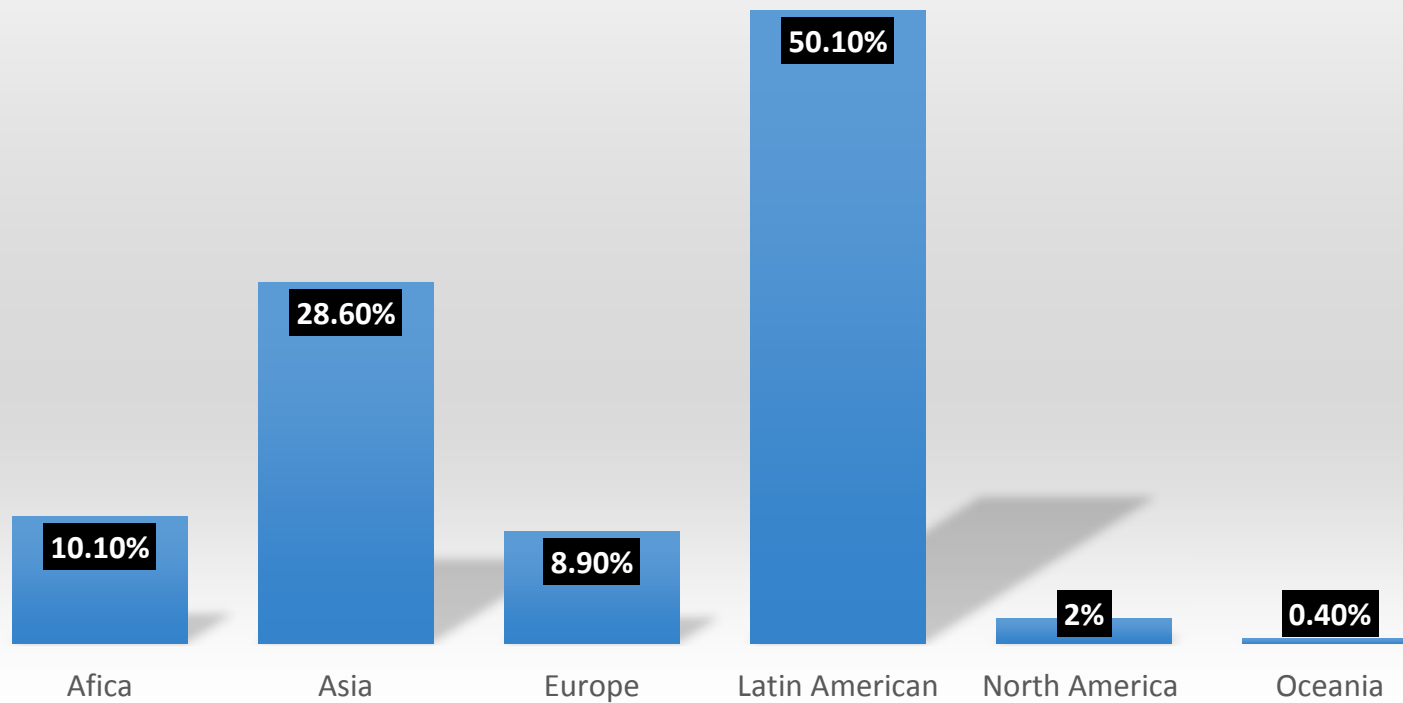
<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

English Proficiency Diversity



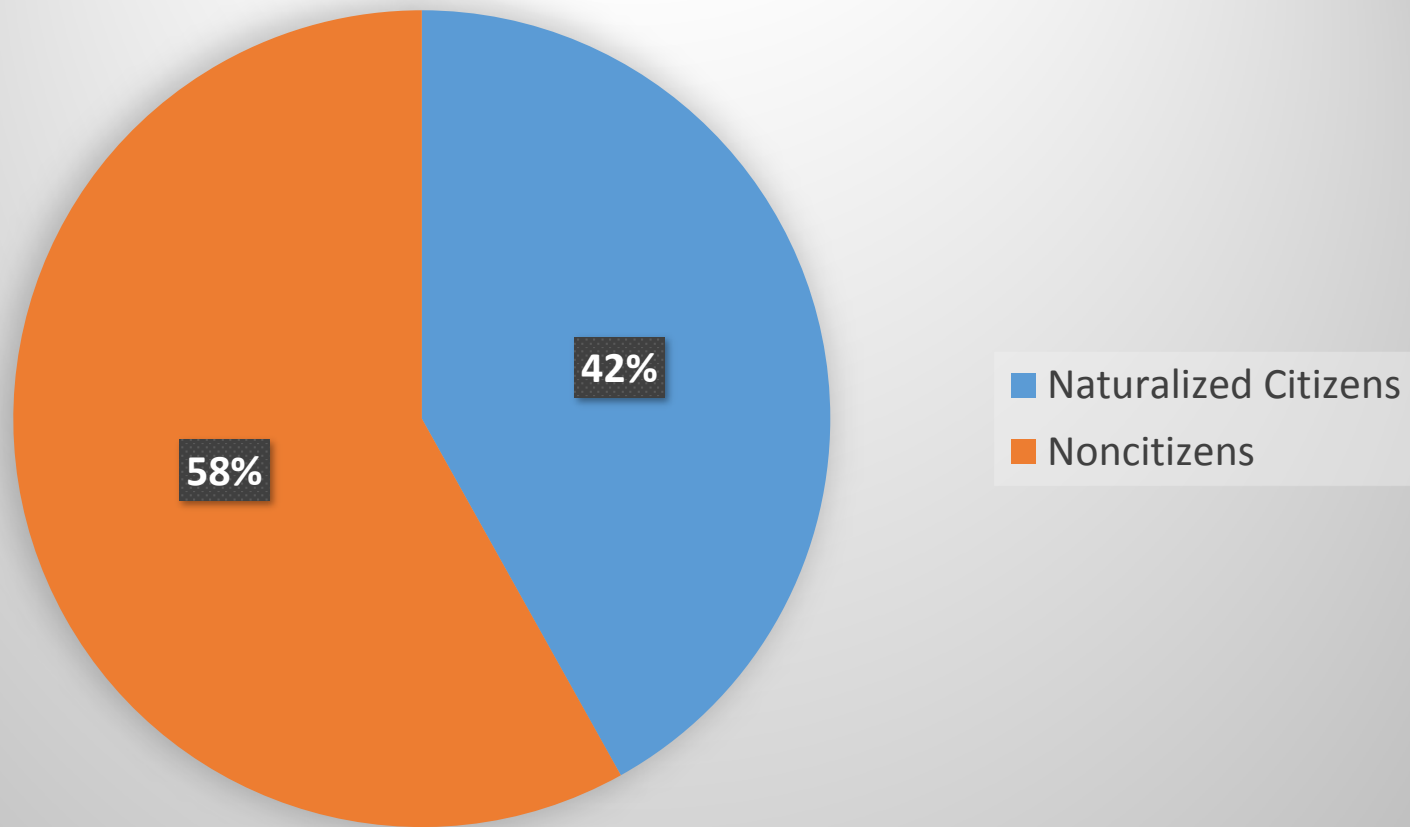
<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

Geographic Diversity



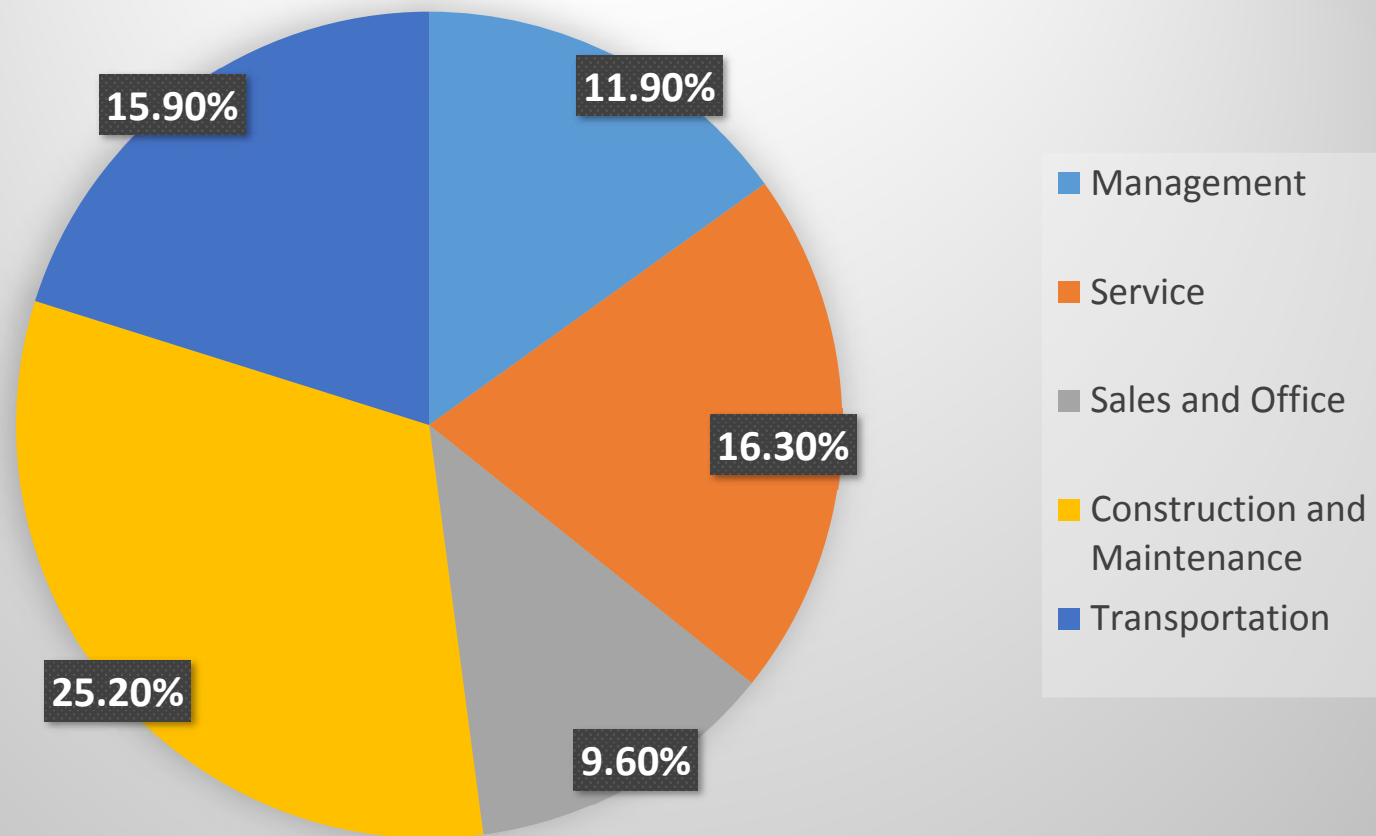
<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

Citizenship Status



<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

Professional Diversity



<http://www.migrationpolicy.org/data/state-profiles/state/demographics/GA>

TRAUMA



Trauma

- An emotional shock that creates significant and lasting damage to a person's mental, physical and emotional growth
- Traumatic experiences can significantly alter a person's perception of themselves, their environment, and the people around them. In effect, trauma changes the way people view themselves, others and their world.
- Can impact safety, well-being, permanence

Prevalence

- Over 90% of mental health clients have trauma histories.
- In state hospitals, estimates range up to 95%.
- 90% or more of women in jails and prisons are victims of physical or sexual abuse.
- Up to 2/3 of men and women in substance abuse treatment report childhood abuse or neglect.
- Similar statistics exist for foster care, juvenile justice, homeless shelters, welfare programs, etc.
- 25-30% of disaster survivors develop PTSD, but 100% will likely experience some form of trauma.

Vulnerable Populations

- Children & women
- American Indian/Alaska Native
- Veterans
- Refugees and immigrants
- People who are homeless
- People who are institutionalized in mental health or criminal justice systems

Exposure to Trauma

Trauma can be:

- A single event
- A connected series of events
- Chronic lasting stress

Trauma is under-reported and under-diagnosed.

(NTAC, 2004)

Types of Traumatic Experiences

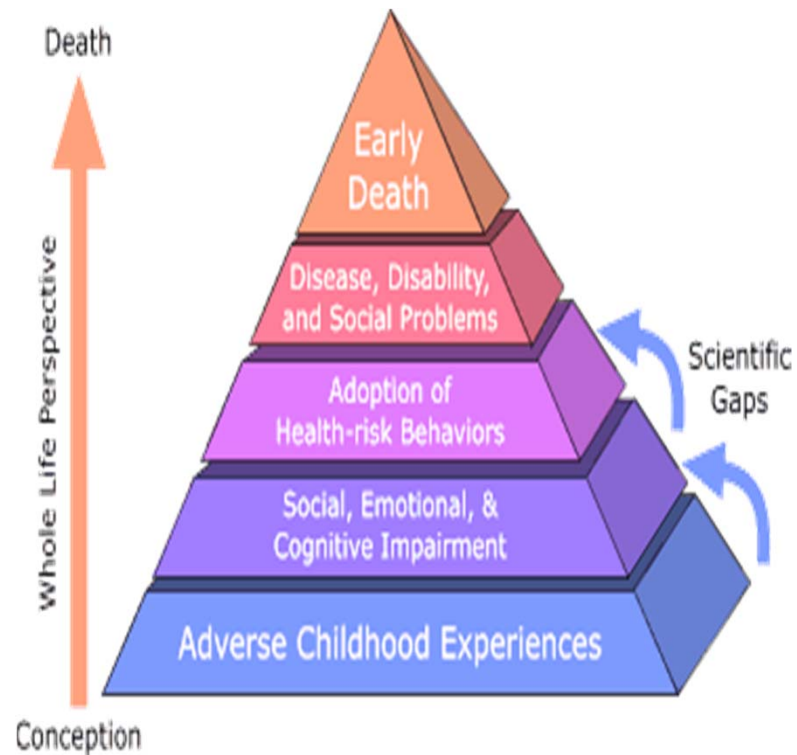
- Loss of a loved one
- Abandonment
- Accidents
- Homelessness
- Community/school violence
- Bullying, including cyber-bullying
- Domestic violence
- Neglect
- Frequent moves
- Serious medical illness
- Physical abuse
- Sexual abuse
- Emotional/verbal abuse
- Man-made or natural disasters
- Witnessing violence
- Terrorism
- Refugee and War Zone trauma.

ACE Study Pyramid

Bridging the gap between childhood trauma and negative consequences later in life

50% of study participants reported at least one adverse childhood experience

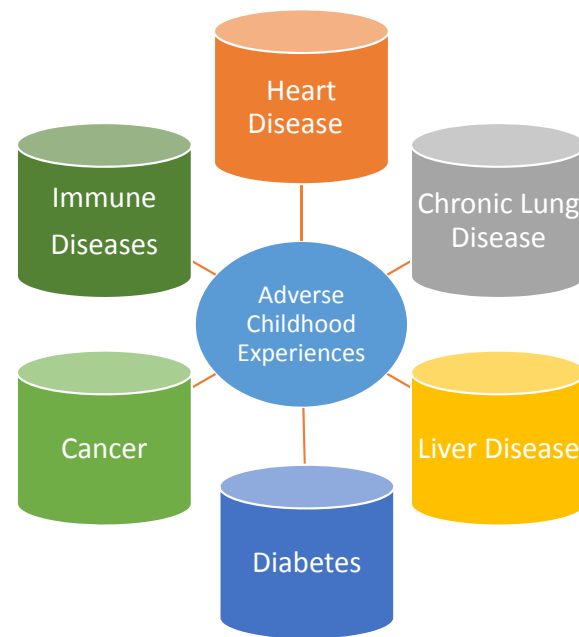
25% reported at least two or more untreated trauma



Adverse Childhood Experiences

Adverse childhood experiences increase the risk of:

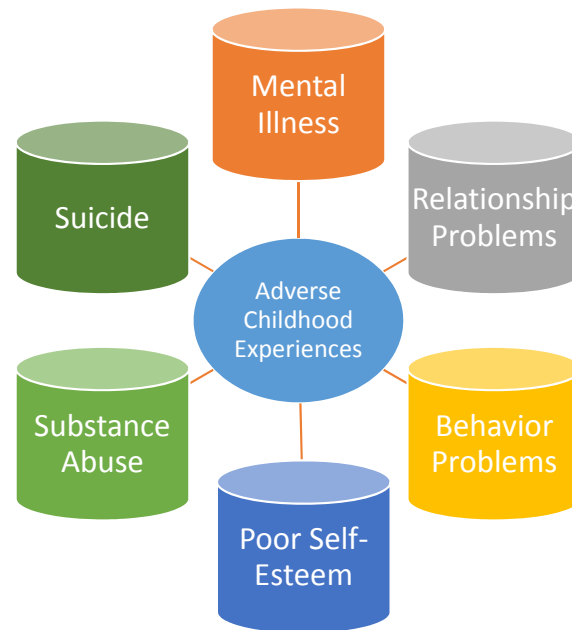
- Heart Disease
- Chronic Lung Disease
- Liver Disease
- Diabetes
- Cancer
- Immune Disease



Adverse Childhood Experiences

Adverse childhood experiences increase the risk of:

- Mental Illness
- Relationship Problems
- Behavior Problems
- Poor Self-Esteem
- Substance Abuse
- Suicide



What does this mean?

- With an ACE Score of 4 or more, the majority of adults are at significantly higher risk factors for these diseases and health risk behaviors.
- Adults with ACE score ≥ 4 are 460% more likely to have lifetime history of depression.
- Adults with ACE score ≥ 5 are 16 times more likely to have lifetime history of alcoholism.
- Male child with ACE score of 6 has 4,600% increase in likelihood of later becoming IV drug user.
- Can cause impairments in many areas of development



Impact of Trauma, cont.

- **Mood Regulation** – difficulty identifying & controlling emotions & internal states
- **Behavioral Control** – poor impulse control, self-destructive behavior, aggression, risk taking behavior
- **Dissociation** – feeling detached, as if observing something happening to them that is not real
- **Cognition** – difficulty focusing & completing tasks or anticipating future events; learning difficulties & problems with language development
- **Self-concept** – feeling shame/guilt; low self-esteem, disturbed body image
- **Loss & Betrayal** – loss of part(s) of their life; distrust of others
- **Powerlessness** – perceive self as victim; have no say in what happens to them; unable to control their lives, etc.

Three “E”s of Trauma

- **Event** – the event and circumstances, the threat, harm or potential of harm
- **Experience** – individual perception of the event, development, culture, shaped by feelings of powerlessness/guilt
- **Effect** – adverse effects (what, duration, severity), degree of ability to cope, degree of support, any altering of neurobiological make-up and on-going health & well-being



How migration and anti-immigrant sentiment affects the mental health status of this population



(c) 2017 Pierluigi Mancini, Ph.D.

STRESSORS

- School Stressors
- Family Stressors
- Community Stressors
- Resettlement Stressors
- Acculturation Stressors
- Isolation Stressors

PRIMARY MENTAL HEALTH PROBLEMS



Consequences of traumatic stress

- Social
 - Drug abuse
 - Anti-social behavior
 - Isolation/withdrawal
- Psychological
 - Posttraumatic Stress Disorder
 - Reexperiencing, Avoidance, Hyperarousal
 - Depression
 - Conduct disorder
 - Emotion Regulation
- Academic. . .



Disorders

Internalizing Disorders

- Depression
- Anxiety
- Suicide
- PTSD

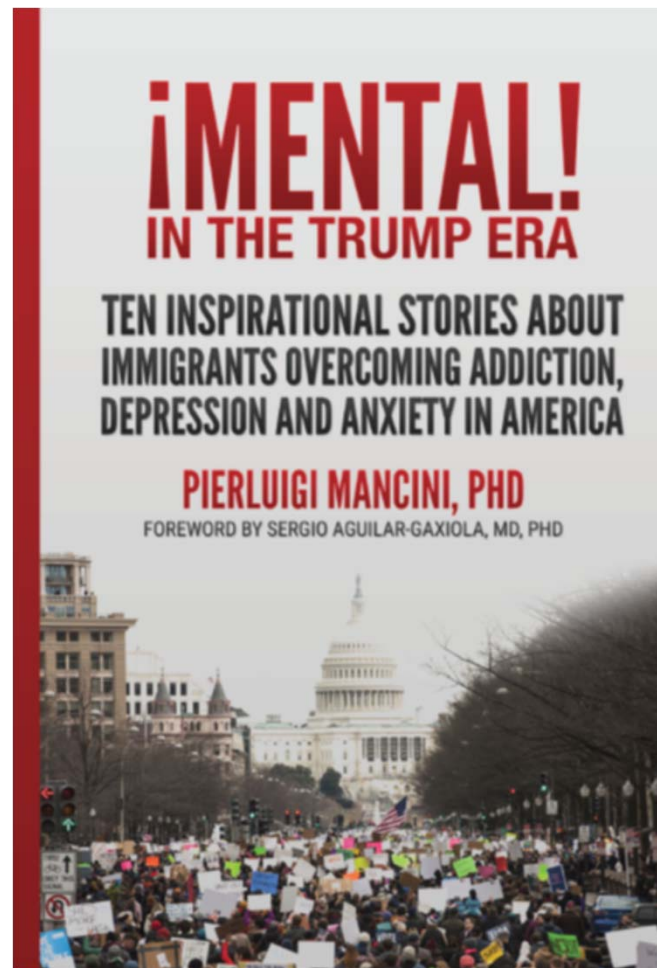
Externalizing Disorders

- Conduct Disorder
- Substance Use Disorder

Focus on Culture



(c) 2017 Pierluigi Mancini, Ph.D.



(c) 2018 Pierluigi Mancini PhD

48

Culture: Complex, Dynamic And Diverse

Culture influences

- World view
- Perspectives on mental health and disease,
- The way psychological problems are expressed,
- Help-seeking behaviors and
- Interactions with health-care providers.

Improve Services

- **Organizational Cultural and Linguistic Competence Plan**
- Comprehensive, community based services—holistic approach (e.g., assess all needs, resources, collaborate with school, community)
- Provide culturally competent services (e.g., respect cultural beliefs, client-focused goals, cultural brokers from community)
- Integrate evidence-based practice with practice-based evidence (e.g., assess history with care, psycho-ed, strengths-based, use trauma treatments flexibly)

Decrease Immigrant Barriers to Care

- Reluctance to seek out services
 - Stigma around mental health
 - Lack of resources
- Families overwhelmed by their own migration experiences
 - May not be able to recognize needs of children
- Unaware of what services are provided/Services not helpful
- **Lack of linguistic and cultural accessibility**
- Limited referral networks from schools, pediatrics etc.
- Different explanatory model/different solution

Key Aspects of Treatment Engagement

- Reducing Stigma
- Increasing access by creating more responsive service systems
 - Cultural and Linguistic responsiveness
- Enhancing education for practitioners
- Developing community and systems partnerships
- Working with members of specific cultural groups
- Meeting needs of families
- Cultural context and language – Cultural and Linguistic Competence Plan
- Ongoing partnerships

Access to services

- Build partnerships between gateway providers (religious and community leaders) and mental health professionals
 - Understanding each other's approach
 - Respecting and supporting each other's approach
- Bring parents into the process
 - Outreach and education, anti stigma efforts
- Position mental health services in service systems that are accessed (e.g. schools)



**Thank
You** *Mahalo*
Kiitos
Tack
Grazie
Obrigado
Takk
Toda
Thanks
Gracias
Merci

PADAM AND PURNA'S PATH IN CLARKSTON



REFLECT

Consider the following questions with your table:

What surprised you about this story?

What does this story have to do with health?

Is this story a part of Atlanta's narrative? Why or why not?



PERSPECTIVES FROM COMMUNITY-BASED ORGANIZATIONS

**Jim Neal, Friends of Refugees
Aixa Pascaul, Latin American Association**

**Moderator:
Robyn Bussey, ARCHI**

ANNOUNCEMENTS & CLOSING

Shannon Sale, Grady Health System

ATLANTA TRANSFORMATION SCENARIO



FAMILY PATHWAYS



EXPAND INSURANCE



INNOVATION FUNDS



GLOBAL BUDGETING



CARE COORDINATION



HEALTHY LIFESTYLES



CAPTURE AND REINVEST



ARCHI PARTNERS

Alliant GMCF
American Cancer Society
American Diabetes Association
Arthur M. Blank Family Foundation
Atlanta Community Food Bank
Atlanta Community Health Interfaith Partners
Atlanta Housing Authority
Atlanta Humane Society
Atlanta Neighborhood Development Partnership (ANDP)
Atlanta Regional Commission
Atlanta Volunteer Lawyers Foundation
BlueFlowers.org
CareSource
Carter Center
Charitable Connections
ChildKind
Children's Healthcare of Atlanta
CHRIS Kids, Inc.
Clayton State University, School of Nursing
Club E. Atlanta
Common Market Georgia
Community Foundation for Greater Atlanta, Inc.
Community Health interfaith Partners
Community of College Park
Concerned Black Clergy
DeKalb County Board of Health
DeKalb County Government
Diabetes Community Action Coalition, Inc.
Emory Fuqua Center for Late Life Depression
Emory Healthcare

Emory University – Urban Health Program
Enterprise Community Partners
Families First, Inc.
Friends of Refugees
Fulton County Government
Gateway Center
Georgia Alliance for Health Literacy
Georgia Center for Nonprofits
Georgia Department of Public Health
Georgia Global Health Alliance
Georgia Health Policy Center
Georgia Institute of Technology
Georgia Primary Care Association
Georgia State University
Georgia Supportive Housing Association
Georgia Watch
Get Georgia Reading
Global Dialogues
Grady Health System
Health Equity Advocacy & Resource Center
Health Management Associates
Health Promotion Action Coalition, Inc
Hillside
Historic Westside Gardens Atl, Inc
I Can Be The Change
Insure Georgia
Jesse Parker Williams Foundation
Jesus Set the Captive Free
Kaiser Permanente of Georgia
Ladybug for Girls Foundation, Inc.
Legacy Community Housing Corporation

Live Living International Foundation
Marcus Autism Center
Mental Health America of Georgia
Metro Atlanta Urban Farm
Metropolitan Counseling
Muni Cares, Inc.
Oakhurst Medical Centers
Odyssey Family Counseling Center
One Talent Inc.
Open Hand Atlanta
Partnership for Southern Equity
Perkins & Will
Piedmont Healthcare
Resurgita Health Solutions
Rimidi, Inc
RiteAid Pharmacy
Saint Joseph's Health System/Mercy Care
Saving Our Sons & Sisters International
Shepherd Center, Inc.
South Fulton Human Services Coalition
Southside Medical Center
TechBridge
TQIntelligence, Inc.
Truly Living Well
United Way of Greater Atlanta
Veterans Empowerment Organization
Visiting Nurse Health System
Voices of Georgia's Children
Wellcare
Wellstar Health System
West End Medical Center Inc.



UPCOMING EVENTS

The Physiology of Health Inequity: September 26th

Registration available at www.archicollaborative.org

UPCOMING EVENTS

Tri-Cities Community Meeting September 18th
McClarlin High School, from 10a-12p, register [here](#)

Just Energy Summit: September 21st – 22nd
www.justenergysummit.org

Health Connect South: September 27th
Free registration for ARCHI members using this [link](#)

Transformation Academy launches October 6th
www.atltransformationalliance.org

Next ARCHI Quarterly Breakfast: December 5th



THE REFUGEE JOURNEY TO WELLBEING



Photo © UNICEF/UNI197517/Gilbertson VII: Greece, 2015: Kadouni, laughs with the Syrian boy he is carrying ashore near the village of Skala Eressos, on the island of Lesbos. A refugee from Syria himself, he assists and welcomes refugees and migrants arriving by sea.

Through October 5, 2018
DAVID J. SENCER CDC MUSEUM
Centers for Disease Control and
Prevention
1600 Clifton Road, NE, at CDC
Parkway
Atlanta, Georgia 30329

archi 
Bottom line. Balanced health. Better beings.