

NHCBH Workforce Development Network

Foundational Competencies in Children's
Behavioral Health

Refugee Resettlement in New Hampshire

Mission

The NH Children's Behavioral Health Workforce Development Network is to build a sustainable infrastructure for the professional development of the children's behavioral health workforce based upon the core competencies and infused with the system of care core values and guiding principles.



NH Children's Behavioral Health Core Competencies

- System of Care Core Values and Principles
- 7 Key Domains
- Levels: Foundational
Intermediary
Advanced

Foundational Competency Modules

Refugee Resettlement in New Hampshire

Foundational Level

Refugee Resettlement in New Hampshire



Why do Refugees leave their countries?



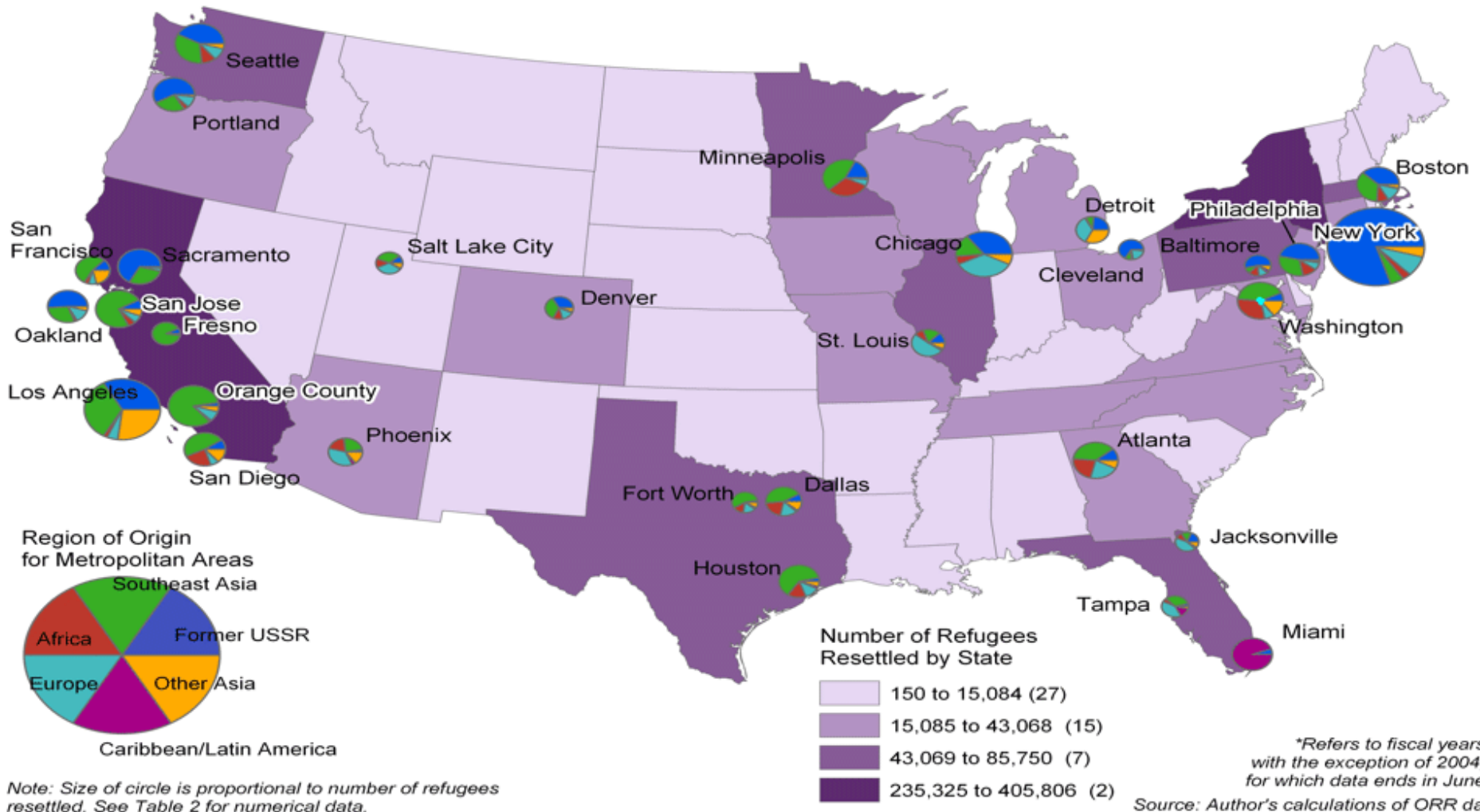
Major Resettlement Countries of Refugees

by total number **and** ratio of refugees they accept (2012)

Country of Resettlement	Persons Resettled in 2012	National Population	Population per Refugees Resettled
Norway	1,137	4,883,000	4,295
Australia	5,079	22,268,000	4,384
USA	53,053	310,384,000	5,850
New Zealand	719	4,368,000	6,075
Sweden	1,483	9,380,000	6,325
Finland	763	5,365,000	7,031
Canada	4,755	34,017,000	7,154
Denmark	324	5,550,000	17,130
Iceland	9	320,136	35,571
Spain	80	4,469,900	55,874
United Kingdom	989	62,036,000	62,726
Netherlands	262	16,613,000	63,408
Ireland	40	4,469,900	111,748
Germany	323	82,302,000	254,805

Refugees are Resettled in all 50 States of the U.S

Metropolitan areas with the largest refugee populations in purple



How are refugees resettled in the US?

- The **number** of refugees who will be admitted into the US is **set annually by the President and Congress**
- The **US Department of State distributes the refugee cases to the VOLAGS**
 - Determination of placement to local affiliates based on family ties or placement as “free cases”

How are refugees resettled in New Hampshire?

Ascentria Community Services

- Projected 240 individuals

International Institute

- Projected 200 individuals

State Refugee Program
Refugee Advisory Council Comment Period
August 2014

US Department of State

- Decides allocation

Immigrants in NH

Foreign Born = 5.4%

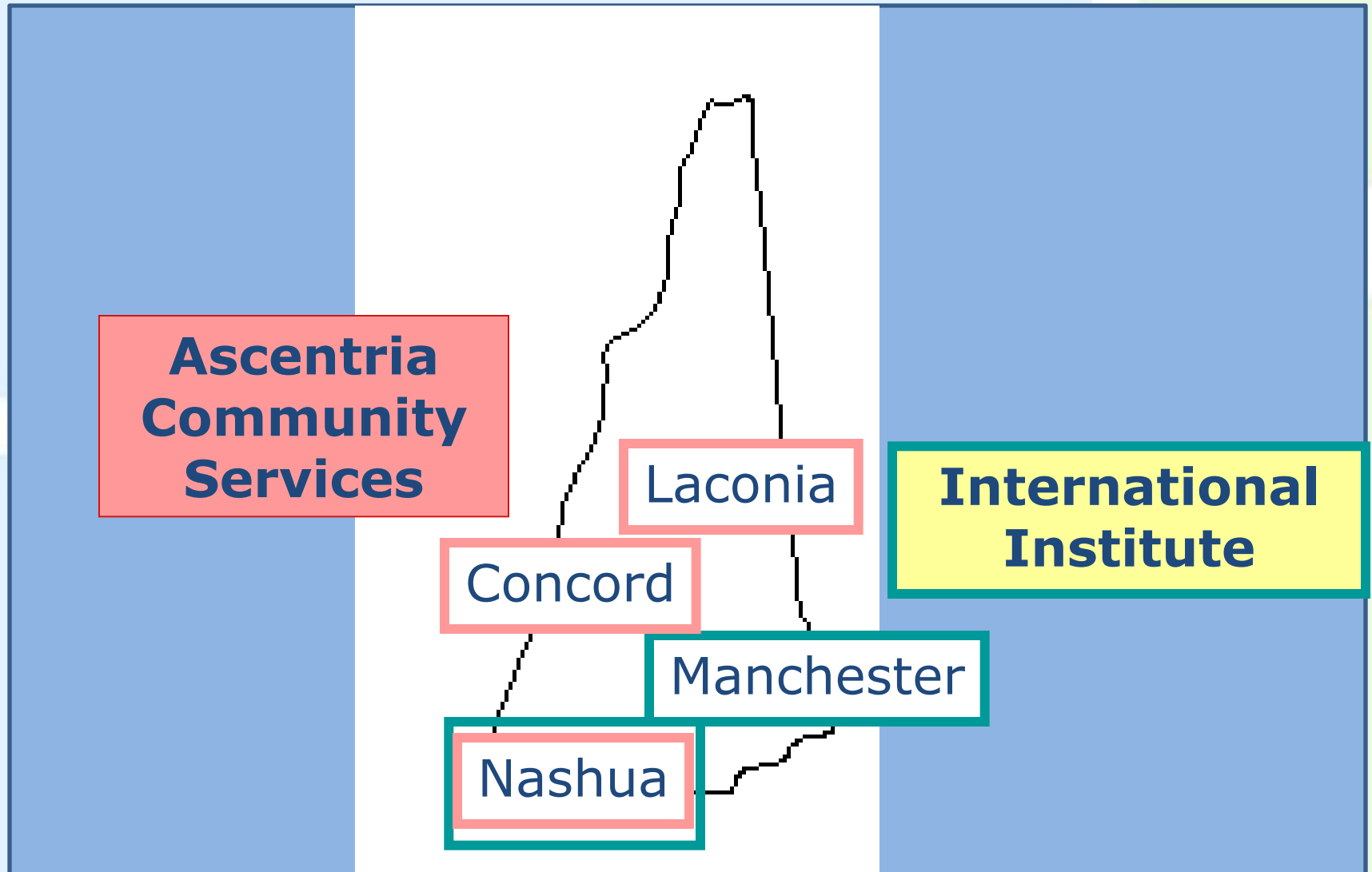
Refugees comprise ~**6%** of the *foreign-born* population in New Hampshire

Source: Carsey Institute, UNH

Refugee Rights & Responsibilities

- When refugees arrive to the U.S. they have **the same rights as native-born Americans** except the right to vote, which is granted when they naturalize
- To participate in the Program refugees must:
 - Attend English classes until they become employed
 - Accept the first job they are offered
 - Begin repayment of the loan for their flight to the U.S. six months after arrival

NH Local Resettlement Agencies and where they Resettle Refugees



The NH State Refugee Program

Goal: To assist refugees in achieving **economic self-sufficiency** and **social adjustment** upon arrival to the United States

100% Federally Funded

US Department of Health and Human Services,
Administration for Children and Families,
Office of Refugee Resettlement

Grants Managed by the State Refugee Program

100% Federal Funds

- Health Promotion
 - School Impact
 - Social Services
- Targeted Assistance
- Services for Older Refugees
 - Cash and Medical

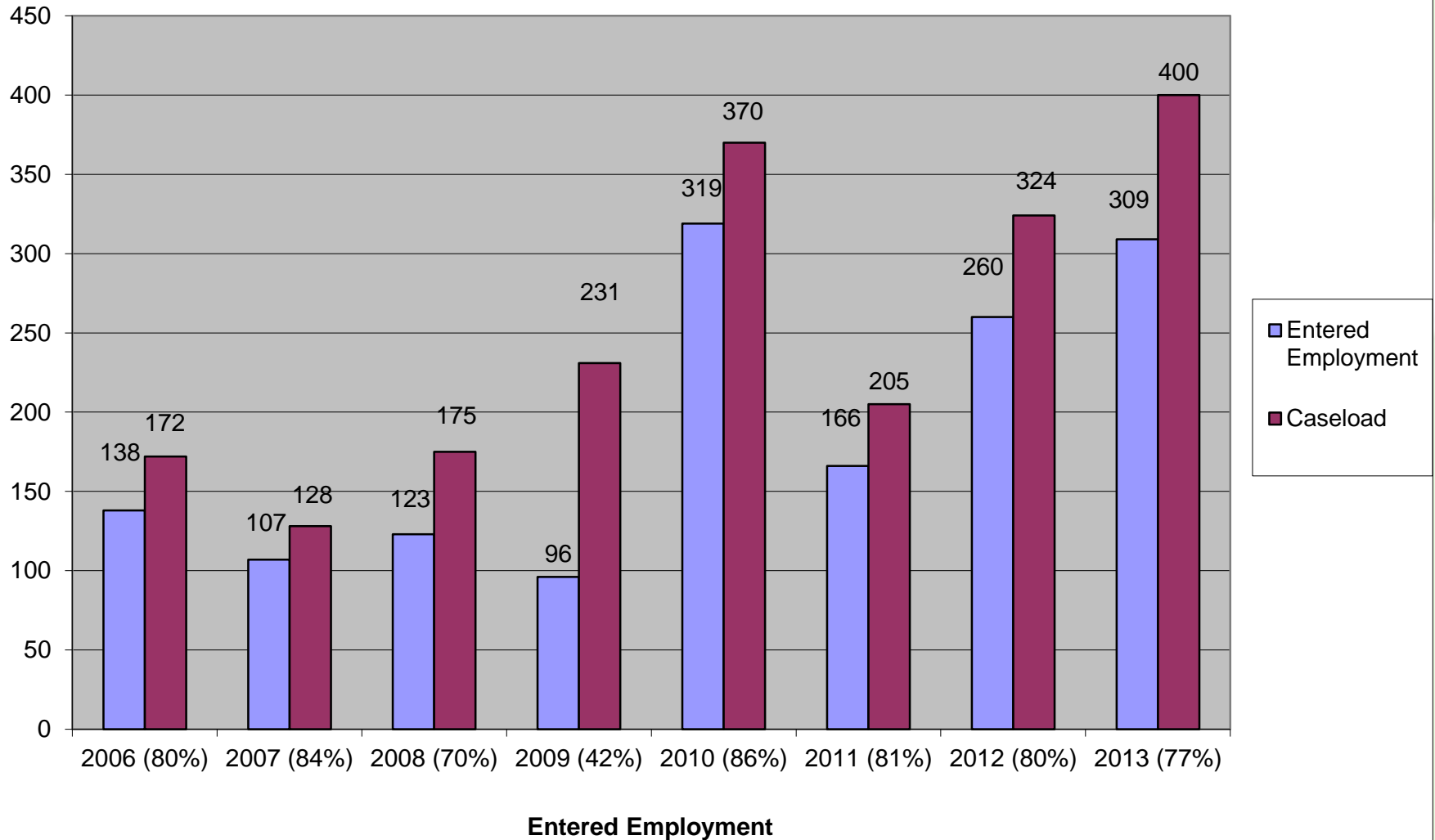


THEY TOOK MY
HOME
BUT THEY
CAN'T TAKE MY
FUTURE

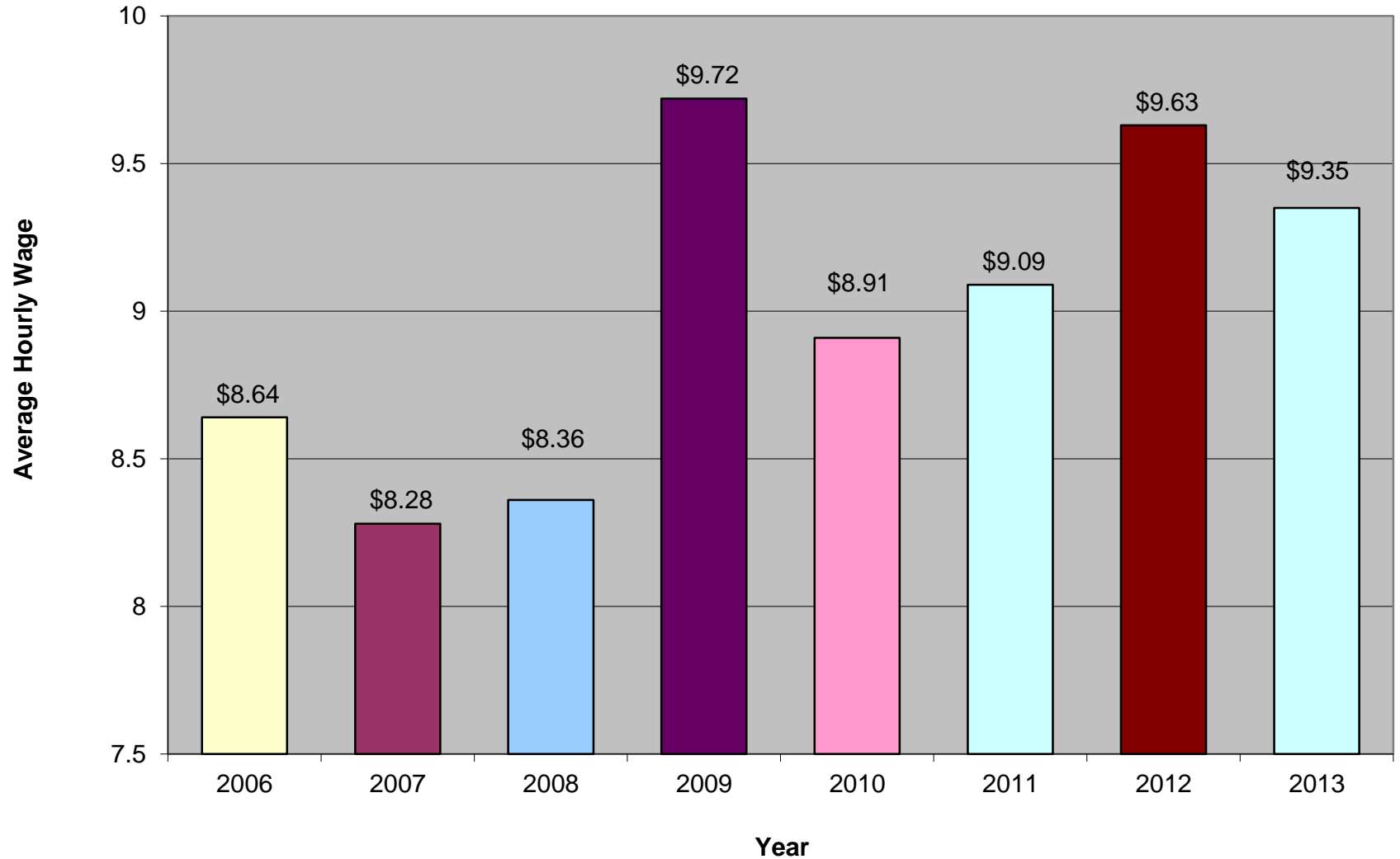


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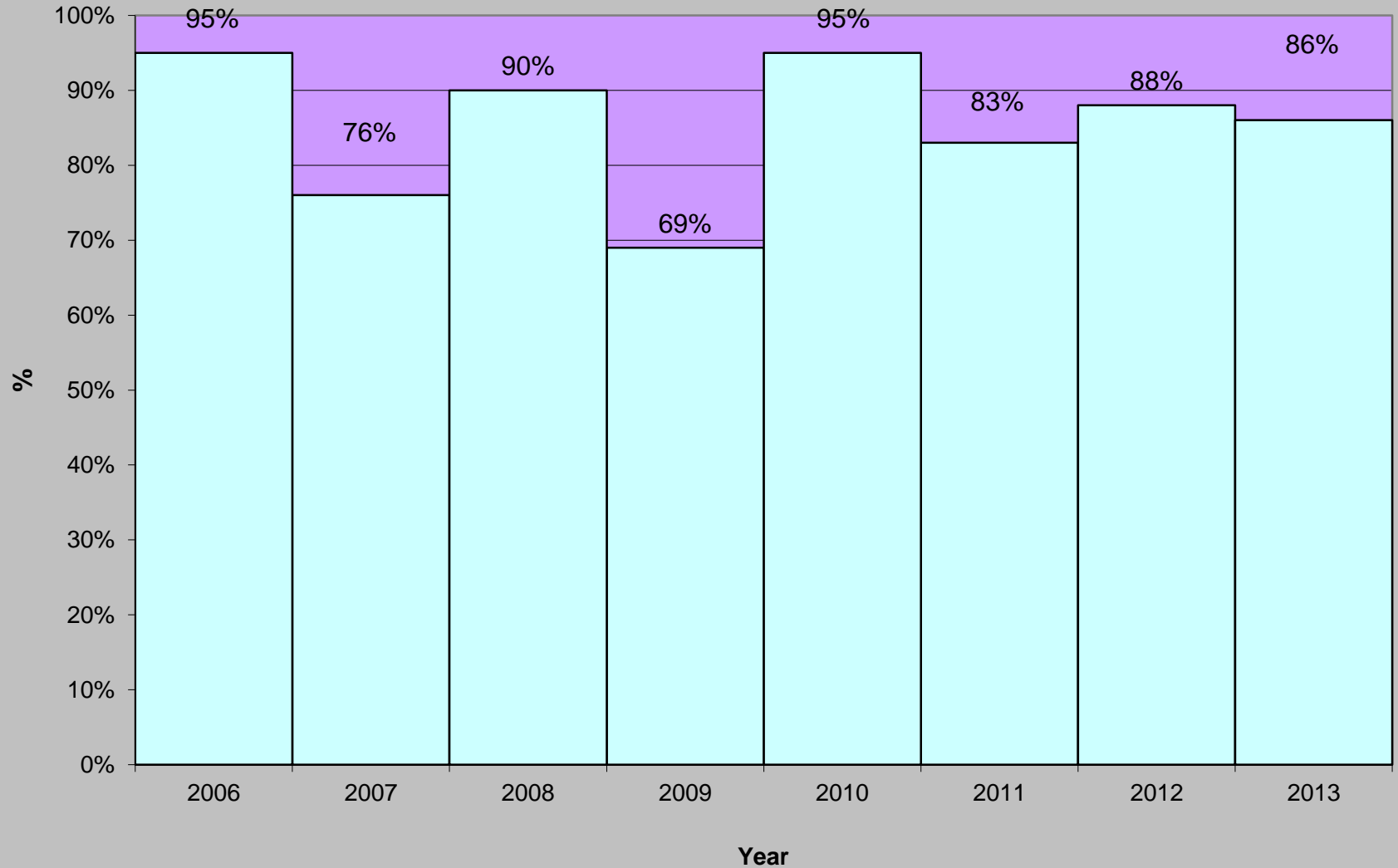
Refugees that Entered Employment per Caseload



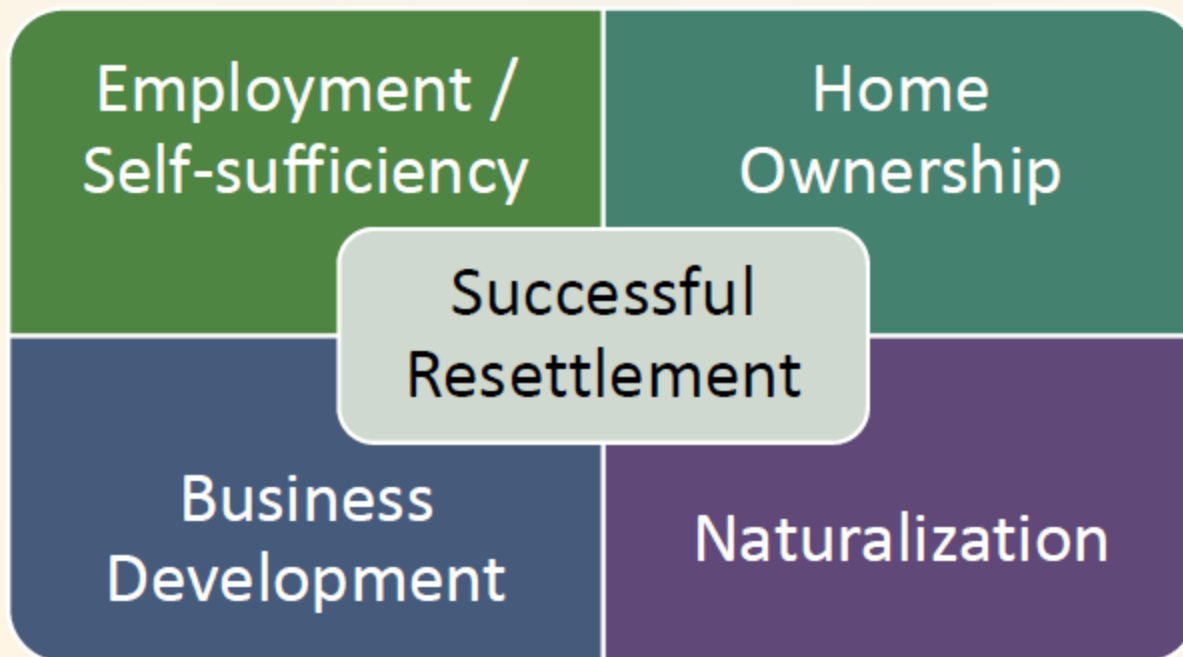
Average Hourly Wage for Refugees Entering Full Time Employment



90- Day Retention Rate of Employment



Defining “Successful” Refugee Resettlement





**MANY REFUGEES HAVE MENTAL
HEALTH CONCERNS**

Refugee Mental Health

RISK FACTORS

- Exposure to war
- State-sponsored violence and oppression
- Torture
- Internment in refugee camps
- Human trafficking
- Loss of family members and prolonged separation
- Stress of adapting to a new culture

Refugee Mental Health

RECOMMENDATIONS

- Collaborative relationships between health clinics and refugee resettlement agencies are beneficial
- Learn about the culture and history of the refugee populations you serve
- Look for somatization and stress related symptoms such as headaches and stomachaches
- Participation in mental health interventions may carry stigma in some cultures
- Provide follow-up primary care because refugees may need time to disclose mental health concerns
- Expedited referral to emergency psychiatric services when necessary



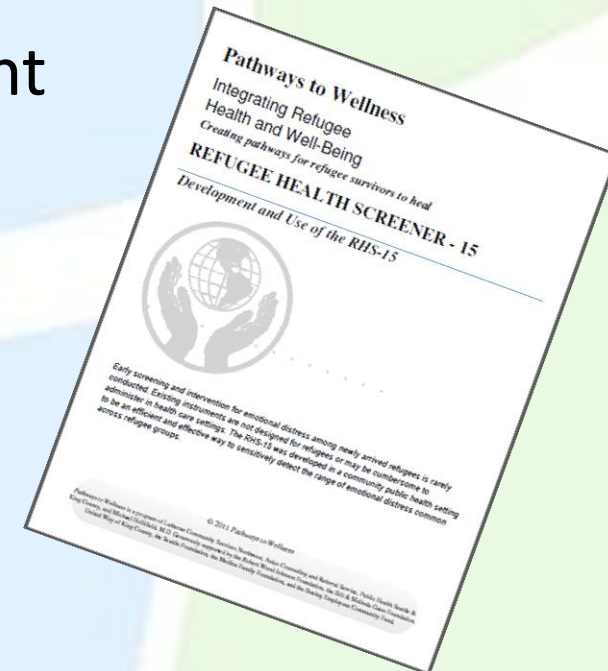
New Hampshire

REFUGEE SPECIFIC

MENTAL HEALTH INTERVENTIONS

Refugee Mental Health Screener (RHS-15)

- Screen for emotional distress and mental health
 - Tool for early months of resettlement
 - Useful in alternative settings
-
- Concord Family Health Center Pilot
 - » Screen → Positive → Referral → Accepted into mental health services



School Impact Program

- Academic support in classroom and after school to increase performance and grade advancement
- College preparation, including application process
- Psycho-Social Groups
- Friends/Mentoring Programs
- Be The Change Club (an international club with American and New American students)
- Intervention services, as needed
- Collaboration with mainstream health and mental health services
- Parent Orientation/Training
- School district cultural competency trainings

Alternative Mental Health Supports

Photo from <http://www.apfanews.com/opinion/bhutanese-americans-and-preservation-of-culture.html>



Photo from <http://www.unhcr.org/cgi-bin/texis/vtx/search?page=search&docid=512b8db66&query=yoga>

- Yoga, other exercise
- Cultural adjustment groups
- Cultural and religious festivals
- Community elders or advisors
- American volunteers and mentors
- Art, crafts, music and dance
- Church, temple, mosque or other religious institutions

QUESTIONS?

Please Contact Us...

State Refugee Program

Office of Minority Health & Refugee Affairs
NH Department of Health & Human Services
<http://www.dhhs.nh.gov/omh/refugee/index.htm>

Brandon Anderson
Refugee Program Specialist

Barbara Seebart
State Refugee Coordinator
603-271-6361

barbara.seebart@dhhs.state.nh.us

Laura McGlashan
Refugee Health Coordinator

Thank You!

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