



Pennsylvania Refugee Education Program Learning Series

Together, We're Better

Forced Displacement and Mental Health

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PART 1

Introduction

Center for Adjustment, Resilience & Recovery (CARRE)



Learning Objectives

Identify common pathways of forced displacement

Identify impacts of forced displacement on children, families and individuals

Describe the importance of trauma-informed care

Forced Displacement



TODAY

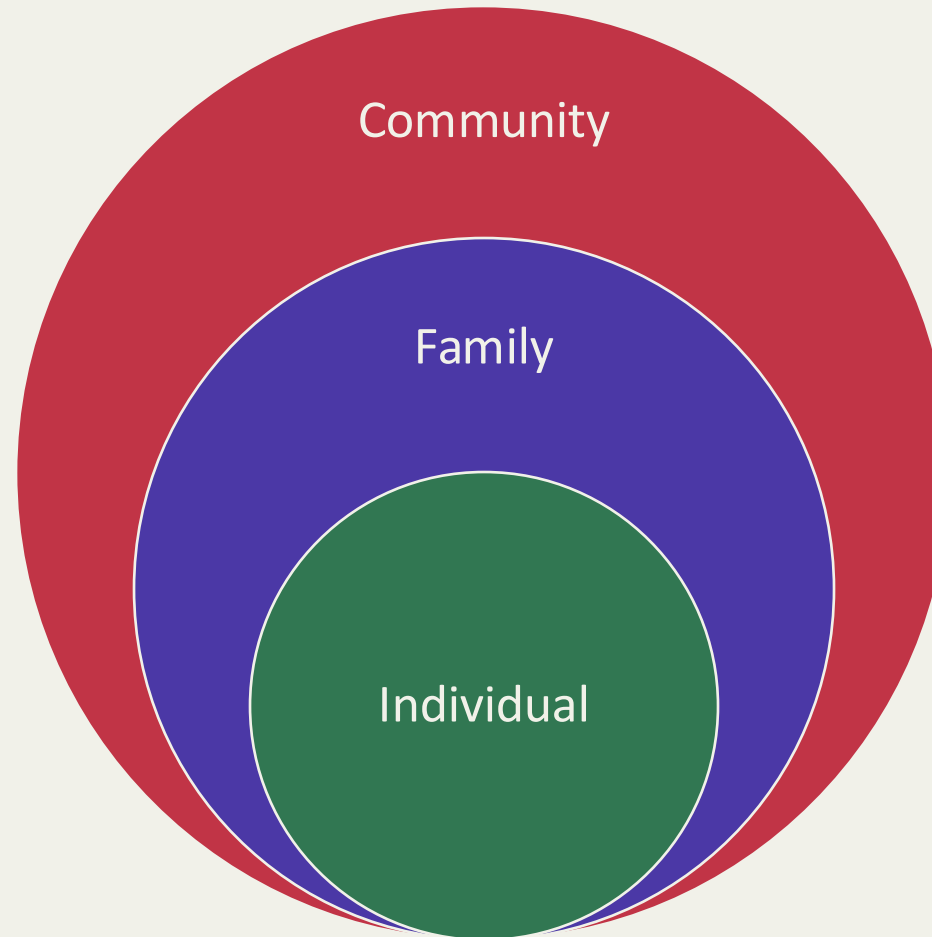
WHAT DOES IT MEAN
TO BE A
REFUGEE?



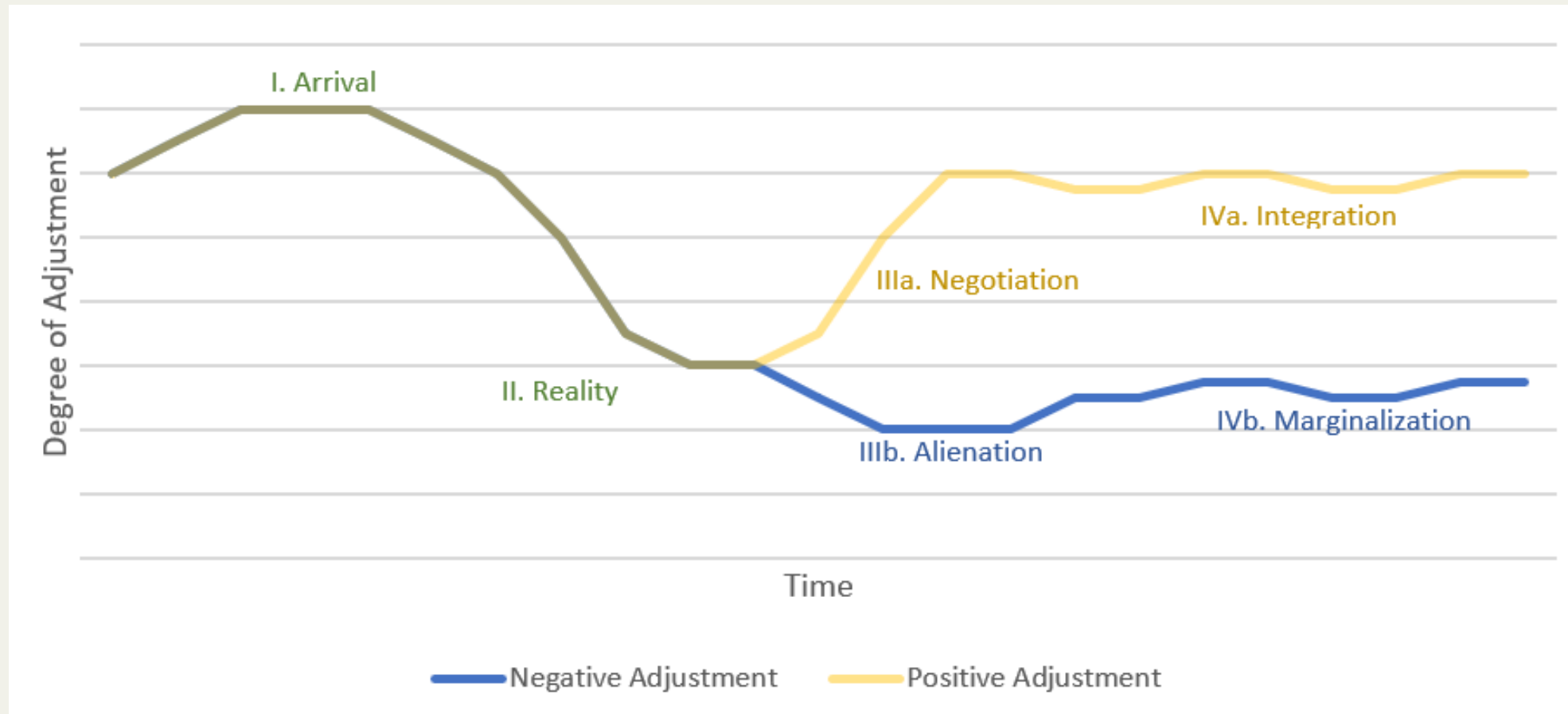
Forced Displacement & Distress

Impact Areas

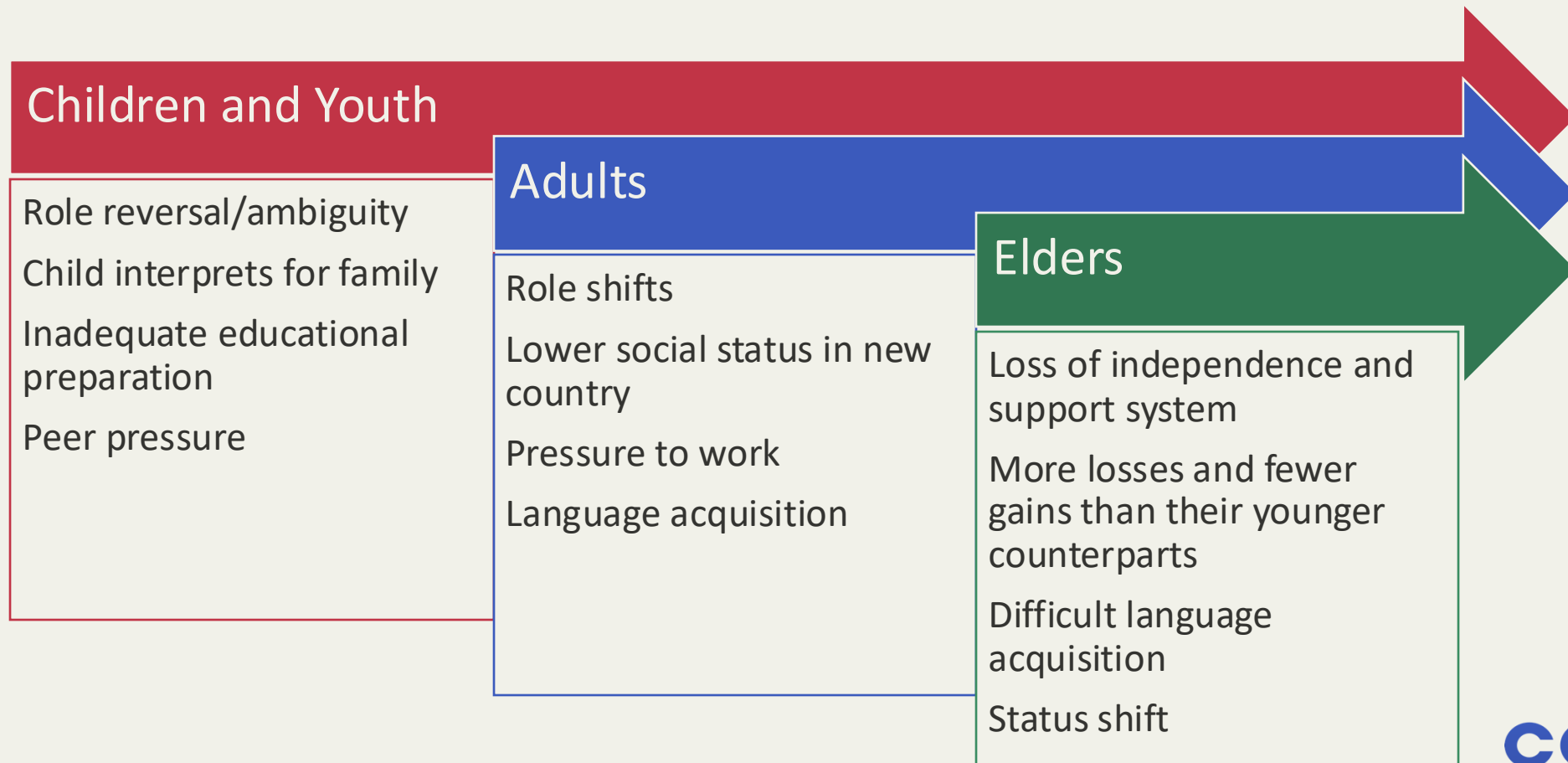
- Physical
- Psychological
- Emotional
- Functional



Phases of Adjustment



Integration Challenges Across the Lifespan



Common Approaches

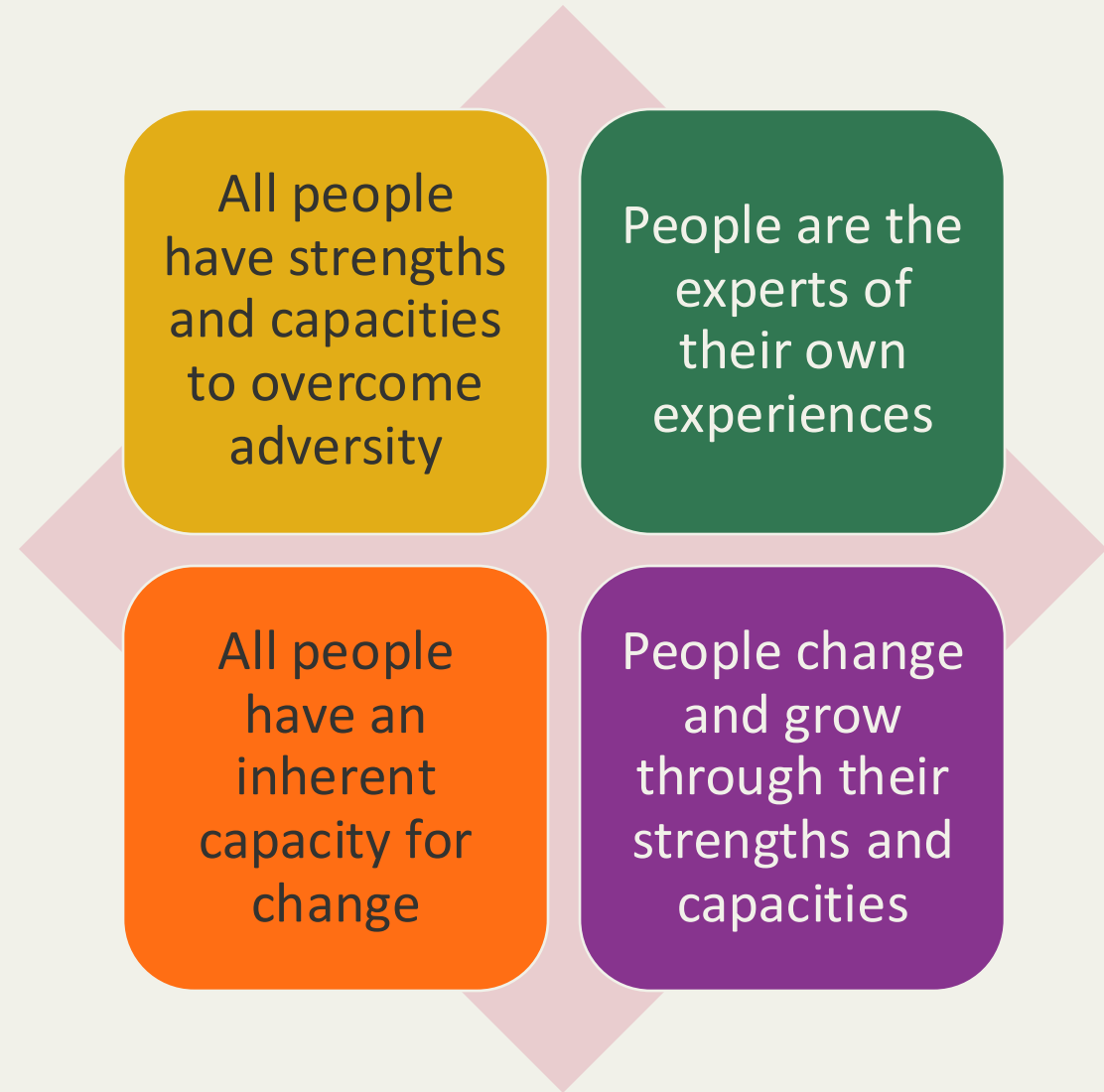
Key Principles



Client Centered



Strengths-Based Approach



Strengths Based

Survival	Support	Exception	Possibility	Esteem
What has helped you endure this difficult time?	Who can you turn to when you need support?	What is something that you don't have right now, that you would like regain?	What are your hopes right now for you/your children?	When people say good things about you, what are they likely to say?
How have you managed to survive so far?	Who can you depend on?	Are there things that you feel are special/unique about you/your family/your children?	What are some things you like to do?	What gives you a sense of pride?

Learner Approach to Culture

Humility

- Where you start
- Interpersonal stance that is open;
- Approaches topics curiously and humbly;
- Practices honest reflection and adjusts practices accordingly.

Awareness

- What you need to know to be able to be effective and ethical;
- Aware of own judgments and experiences;
- Accepts one's own knowledge is limited.

Responsiveness

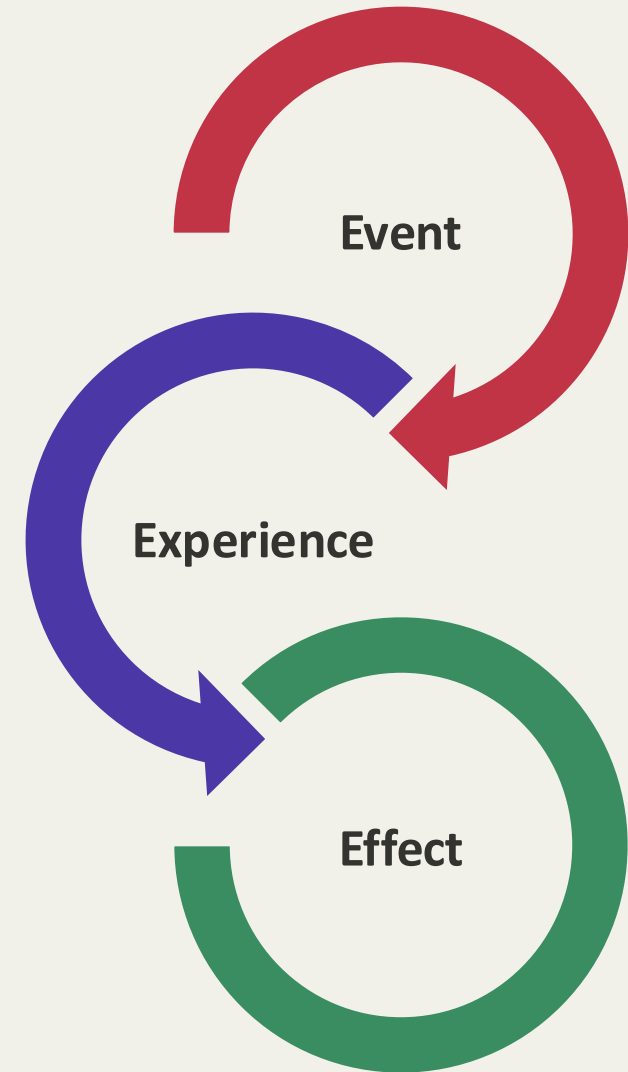
- What you need to do to change your practice in response to both humility and awareness;
- Additional learning investments;
- Restructuring processes.

Trauma

Introduction to Trauma-Informed Care

Understanding Trauma

- Common elements of traumatic experiences:
 - Extremely distressing, frightening, or life-threatening
 - Outside of what would be considered “ordinary” or “normal”
 - Often results in feeling overwhelmed, helpless, or out of control or at someone else’s control
 - Negative physical, emotional, psychological, and/or spiritual impacts



Trauma-Informed Approach

- **Recognition of:**
 - Importance of empowerment and safety for the survivor
 - Resilience of someone with a trauma history
 - Impact of trauma work on service providers
- **Awareness of:**
 - High rates of traumatic experiences
 - Broad impacts of traumatic experiences
 - Silencing and shame around traumatic experiences

Principles of Trauma-Informed Care

Adapted from the Substance Abuse and Mental Health Administration (SAMHSA), "Concept of Trauma and Guidance for a Trauma-Informed Approach"



Questions?

Thank You!



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NCTSN

