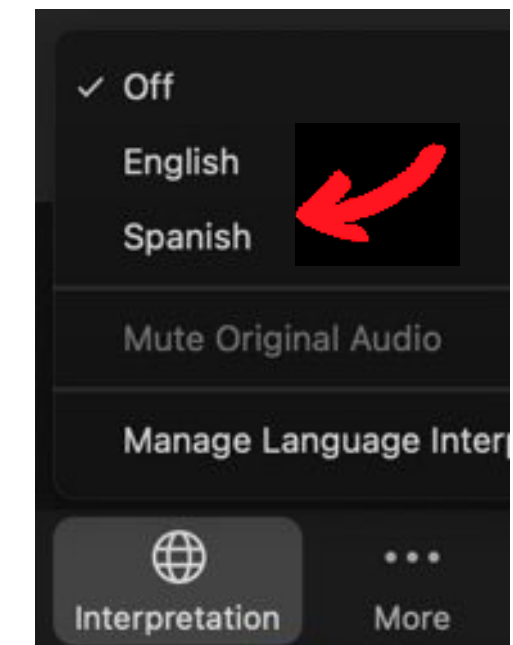
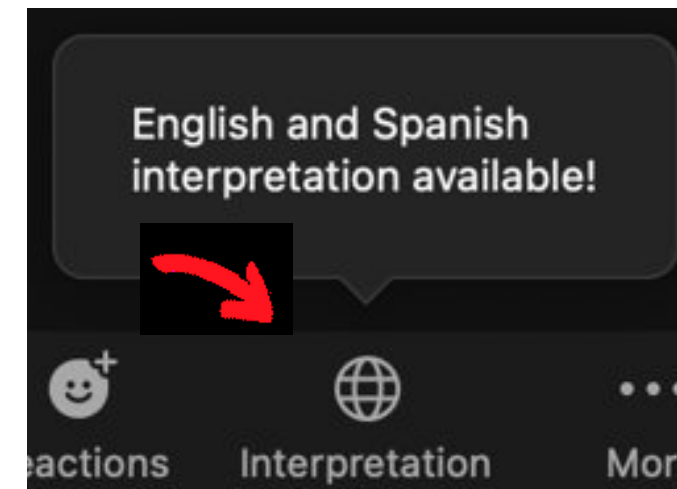
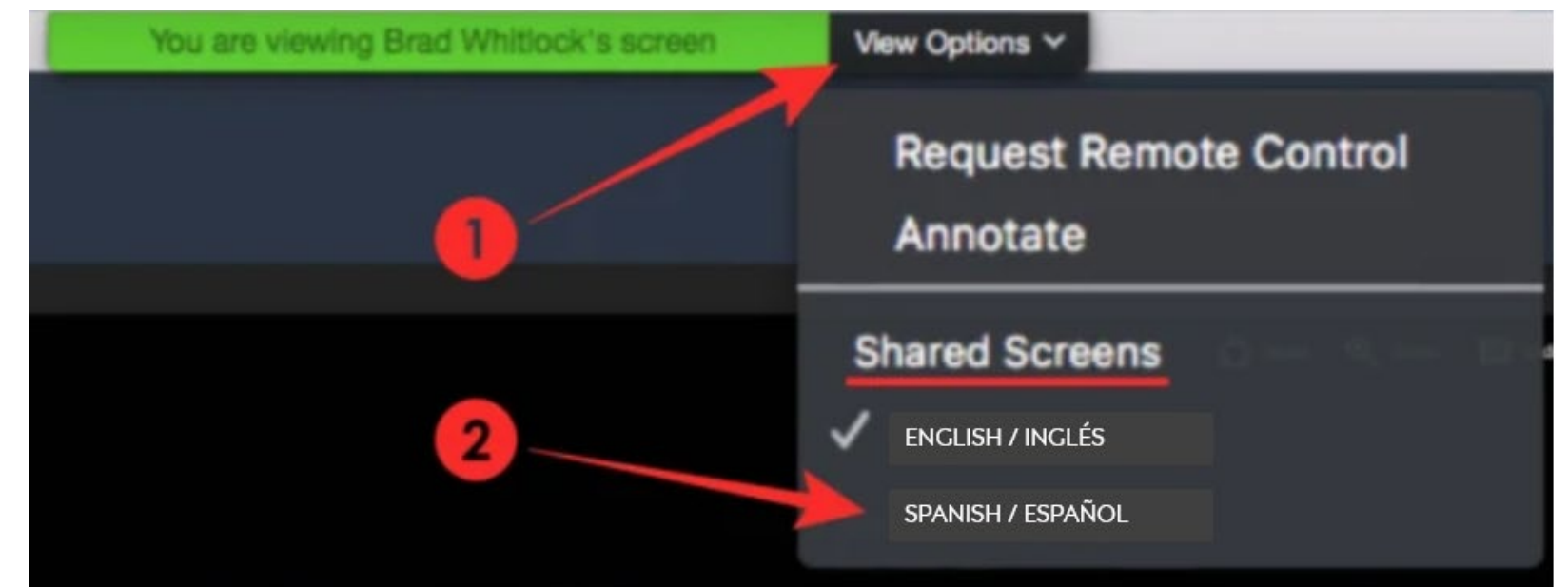


HOW TO LISTEN TO LANGUAGE INTERPRETATION

- This webinar is being presented in English and Spanish.
- To listen to the Spanish audio:
 - Click the Interpretation button
 - Select Spanish
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Words Matter: The Impact of Anti-Immigrant Rhetoric and Policies on Clinicians and Patients

Webinar 1

Words and Policies Do Harm: Supporting Clinicians Serving Immigrant Patients

Kaethe Weingarten, PhD
Pamela Secada-Sayles, MPH
Jessica Calderon, BA



MIGRANT CLINICIANS NETWORK



A force for health justice

Somos una fuerza dedicada a
la justicia en salud

Our mission is to create practical solutions at the intersection of vulnerability, migration and health.

We envision a world based on health justice and equity, where migration is never an impediment to wellbeing.

Continuing Education

Migrant Clinicians Network is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

MCN has applied for continuing medical education to the American Academy of Family Physicians. Approval is pending.



Participants completing this educational activity (80% time in session) and submission of the post-session evaluation are eligible to receive 1.0 contact hour

Disclosure of Relevant Financial Relationships

We have no relevant financial relationships that relate to this presentation, nor do we have any relevant financial relationships with ineligible companies whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. No relevant financial relationships were identified for any individuals with the ability to control content of the activity.



Learning Objectives

- Participants will gain a comprehensive understanding of how harsh rhetoric, restrictive policies, and harmful enforcement practices negatively affect the physical and mental health of immigrant patients.
- Participants will learn about the real-life experiences and challenges faced by immigrant patients through first-person accounts, enhancing their awareness and empathy for those impacted by hostile environments.
- Participants will receive frameworks and concrete suggestions on how to effectively support immigrant patients in their practice.

Meet the Presenters



KAETHE WEINGARTEN, PHD



JESSICA CALDERON, BA



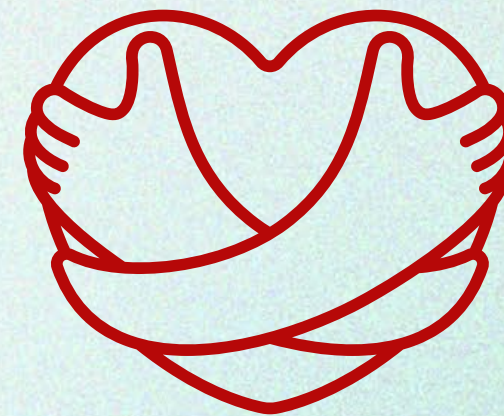
PAMELA SECADA-SAYLES, MPH

Grounding / Breathing Activity

◦ We are often asked for simple grounding exercises. Here are two:



◦ Box Breathing

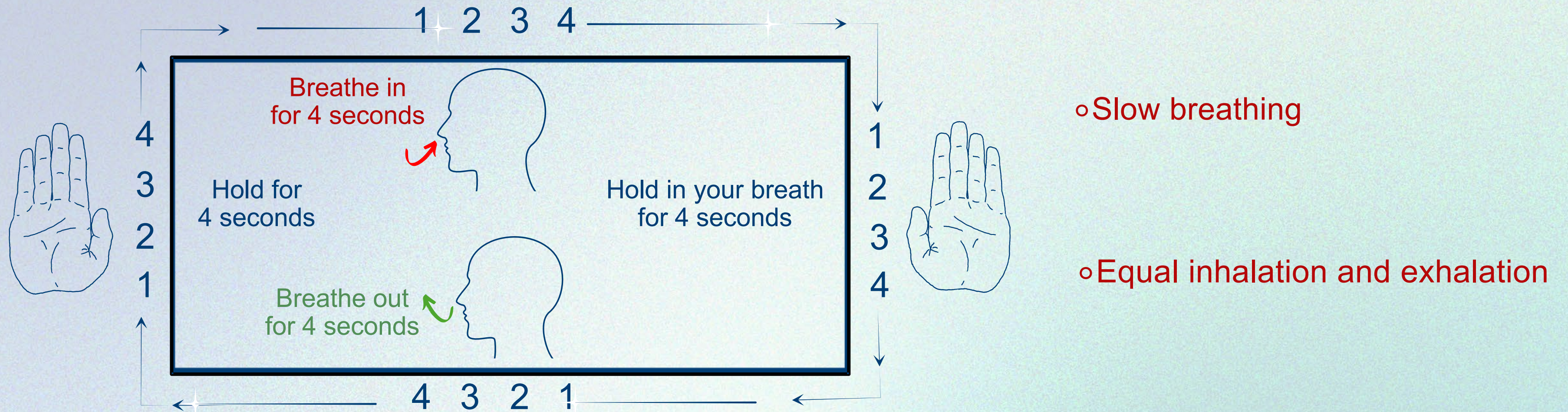



◦ Butterfly Hug

Breath Control Methods:

“The brain listens to the lungs.”

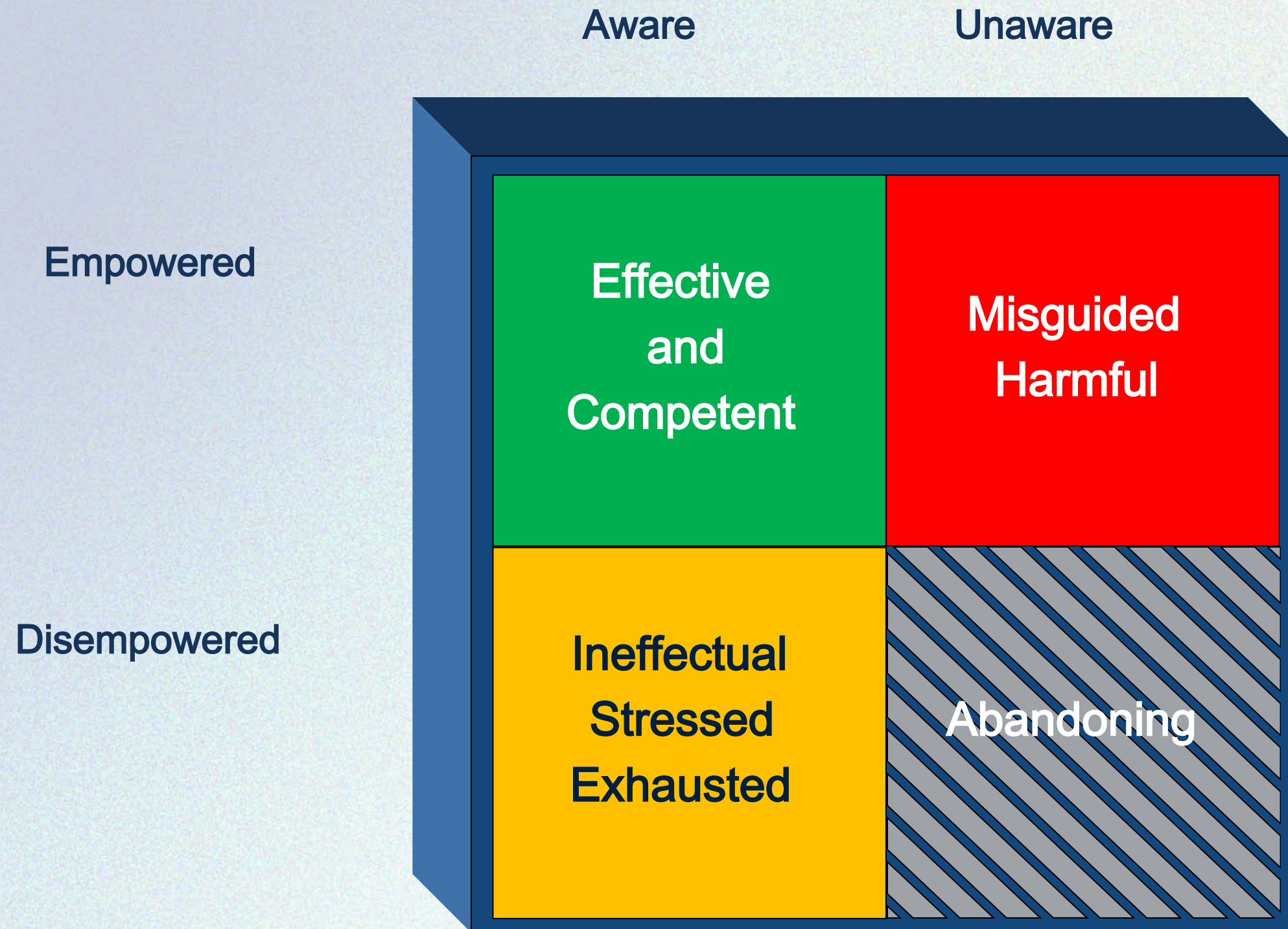
“Managing our breath help us manage our minds.”



A close-up photograph of a person's hands and arms performing a butterfly hug. The person's hands are pressed against their chest, with their arms crossed in front of them. They are wearing a grey, textured sweater. The background is a soft, out-of-focus light blue and green gradient.

The **BUTTERFLY** *Hug*

Witness Positions



Witness Positions



Overview of the Webinar

- Clinicians are witnesses to the impact of anti-immigrant rhetoric and policies on patients
- Overview of current rhetoric and policies and their impact

What is it like for patients?

What can clinicians do?

What is it like for clinicians?

What can organizations do?

What is rhetoric?



- Language designed to have a persuasive effect or to make an impression on an audience.



- Rhetoric need not be truthful.

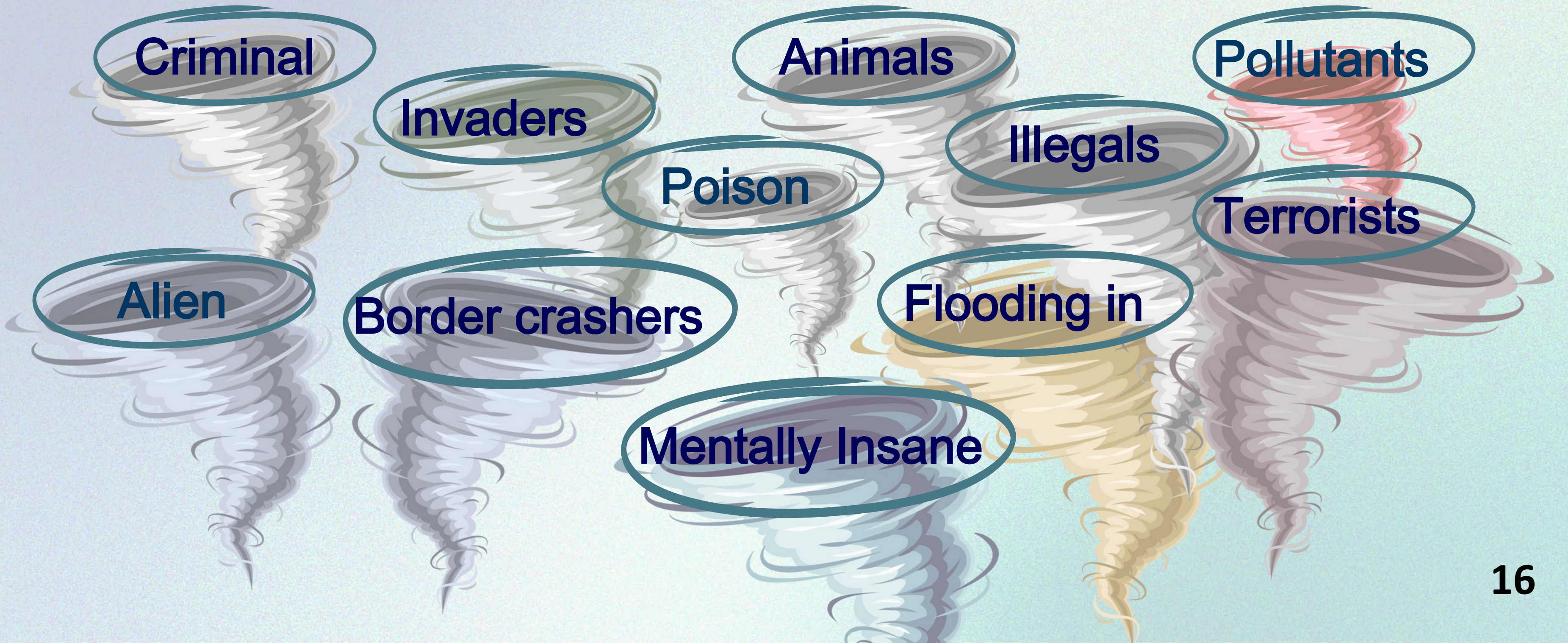
What is anti-immigrant rhetoric?

Words and metaphors that demonize and stigmatize immigrants.

Words that portray immigrants as a threat and a burden.

This rhetoric relies on racism and xenophobia (fear of what is perceived as foreign or strange).

Examples of Anti-Immigrant Language:



To Be Clear: There Is Also Language that Evokes A Positive View of Immigrants and Immigration

- “We are a nation of immigrants.”
- Ellis Island
- The Statue of Liberty
- The “DREAMers” (undocumented immigrants who came to the United States at age fifteen or younger)

Anti-Immigrant Rhetoric Is Based on and Increases Xenophobia and Racism

This leads to:

- Discriminatory policies
- Increases in hate speech and attacks based on hate
- Undermines democracy



What are Anti-Immigrant Policies?

Historically, there are many kinds of anti-immigration policies. Recently, they fall into six categories:

- preventing people from entering the country;
- denying legal status to those who apply for it;
- taking away legal status from those who had it;
- eliminating process protections in how people are treated by the immigration agencies;
- detaining, deporting and terrorizing immigrant communities;
- retaliating against anyone who speaks out against these policies.

Anti-Immigrant Policies Can Be in Effect at:

◦ Local level



◦ State Level



◦ Federal Level



Examples of Policies that Followed Anti-Immigrant Rhetoric



Zero Tolerance policy



Migrant Protection Protocols

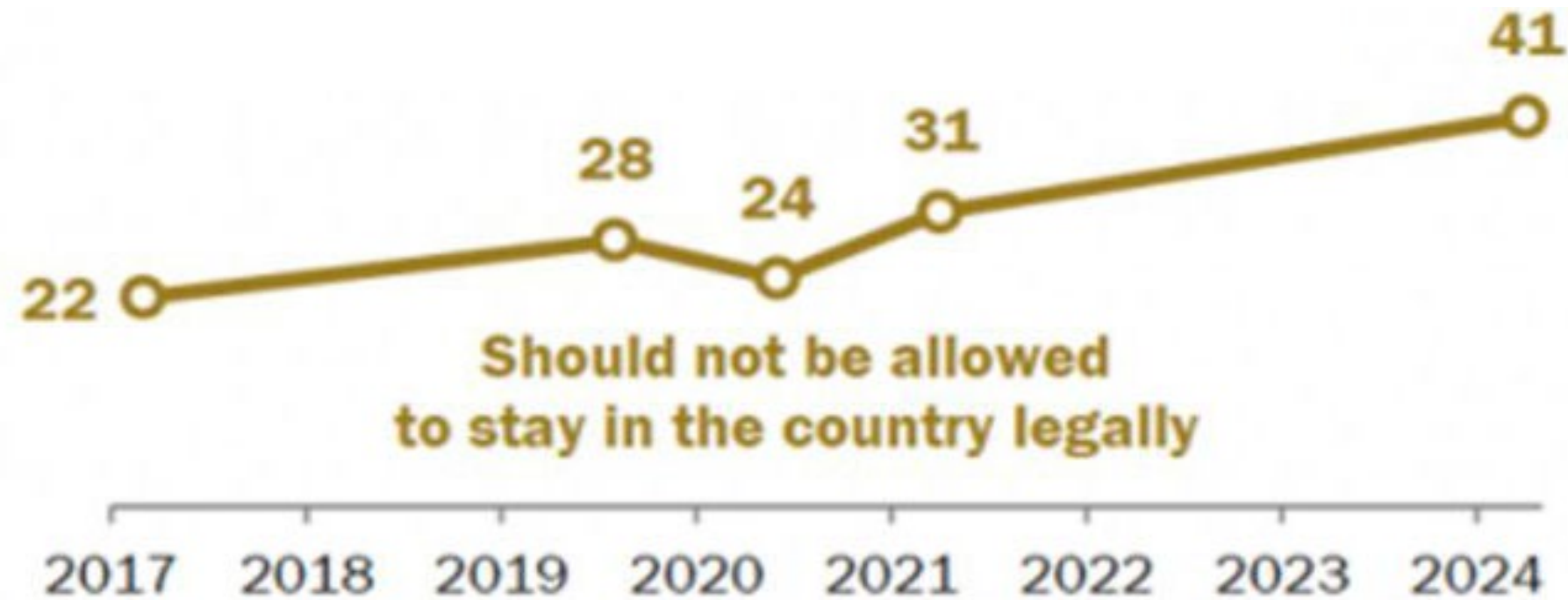


Title 42

Anti-immigrant Rhetoric *leads* to
Anti-immigrant Policies

Growing share of voters say undocumented immigrants should not be allowed to stay in the country legally

% of registered voters who say undocumented immigrants currently living in the U.S. ...



<https://www.pewresearch.org/politics/2024/06/06/immigration-attitudes-and-the-2024-election/>

Anti-Immigrant Rhetoric and Policies Negatively Impact Immigrants' Physical and Mental Health



Anti-Immigrant Rhetoric and Associated Policies are a Psychosocial Stressor



Psychosocial stressors can lead to adverse changes in health status and altered behavioral patterns that increase health risks.

Four pathways through which state-level immigration policies may influence Latino health:

- Through stress related to structural racism;
- By affecting access to beneficial social institutions, particularly education;
- By affecting access to healthcare and related services; and
- Through constraining access to material conditions such as food, wages, working conditions, and housing

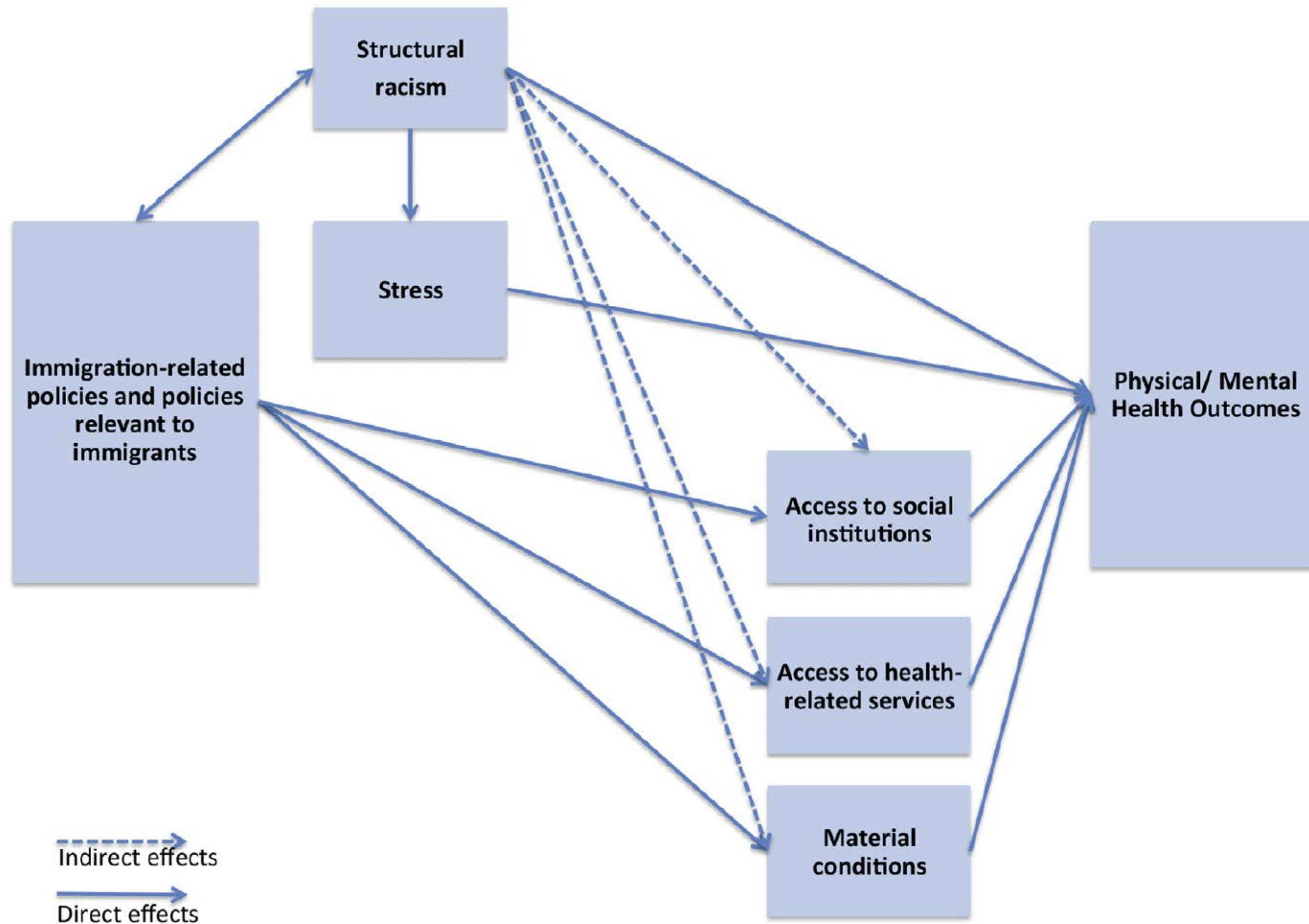


Fig. 3. Theorized pathways through which immigration-related policies and policies relevant to immigrants may influence Latino health.

Numerous research studies arrive at similar conclusions:

“Escalating xenophobic political rhetoric, proliferating policies restricting migration, increased interior enforcement, and regulatory changes impeding resource access all contribute to a hostile environment for immigrants that is detrimental to adults and children....The chronic stress and deprivation that stem from these conditions produce toxic levels of stress that last a lifetime for children and adults alike.” — (Danaher et al., 2022)

The effects are felt by documented as well as undocumented immigrants.

What are the Mental Health Effects of Anti-Immigrant Rhetoric on Immigrants Themselves?

◦ Fear

◦ Anxiety

◦ PTSD

◦ Depression

◦ Resilience

◦ Motivation to live each day “**seguir adelante**” [moving forward].





WHAT CAN BE DONE?

Examine Individual and Institutional Biases

- Self-reflection is necessary to understand biases and misconceptions toward immigrants, regardless of legal status.
- Institutional self-assessment is as important as individual self-assessment.
- Is the institution discriminating against immigrants? Are policies hostile toward immigrants?

Listen Compassionately and Safely

The best strategy is to arm yourself and your patients with the knowledge to protect everyone's right to obtain healthcare.





Todos son bienvenidos aquí

What Can Health Care Workers Do?

- Clinicians need to ensure that health care spaces signal that all people are welcome and that care is delivered to all regardless of citizenship status.
- “No hate, no fear. Immigrants are welcome here.” This can be followed by messaging on forms, such as “If you are experiencing fear or harm due to being an immigrant, please tell your provider.”

What Can Health Care Workers Do?

- Learn the basics of immigration policy and stay informed of changes.
- Stay informed about the current policies at the state and local levels that may have an impact on your patient population.
- Being informed about local goings-on like billboards, protests or community gatherings, or, more broadly, social media campaigns, is important. It may be useful to set aside time during staff or team meetings to share information about facts and rumors circulating in the community.
- Health care facilities may also want to create fliers that direct patients to local resources that assist immigrants, including community advocacy groups.

Moral Injury

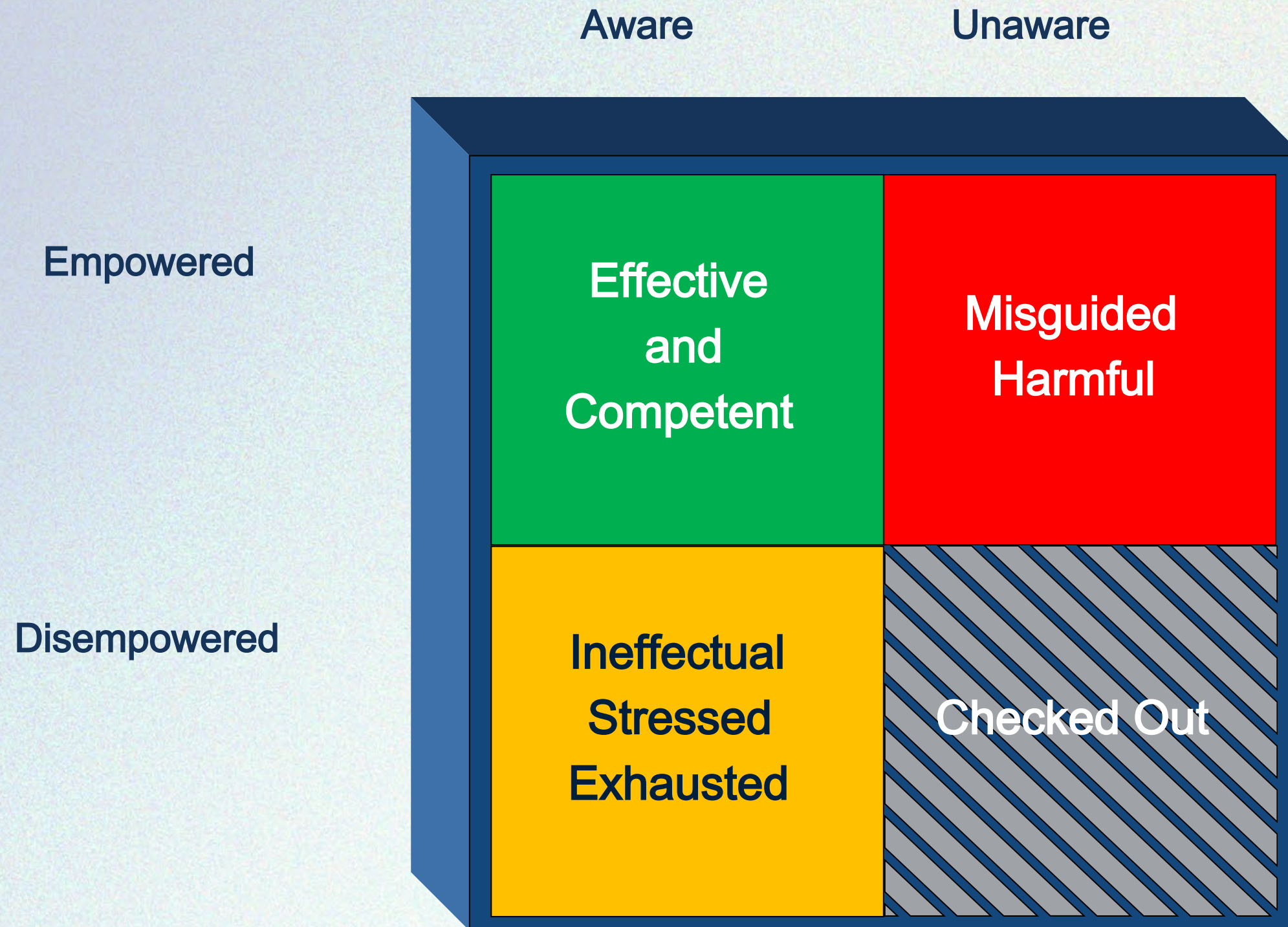
Moral Outrage

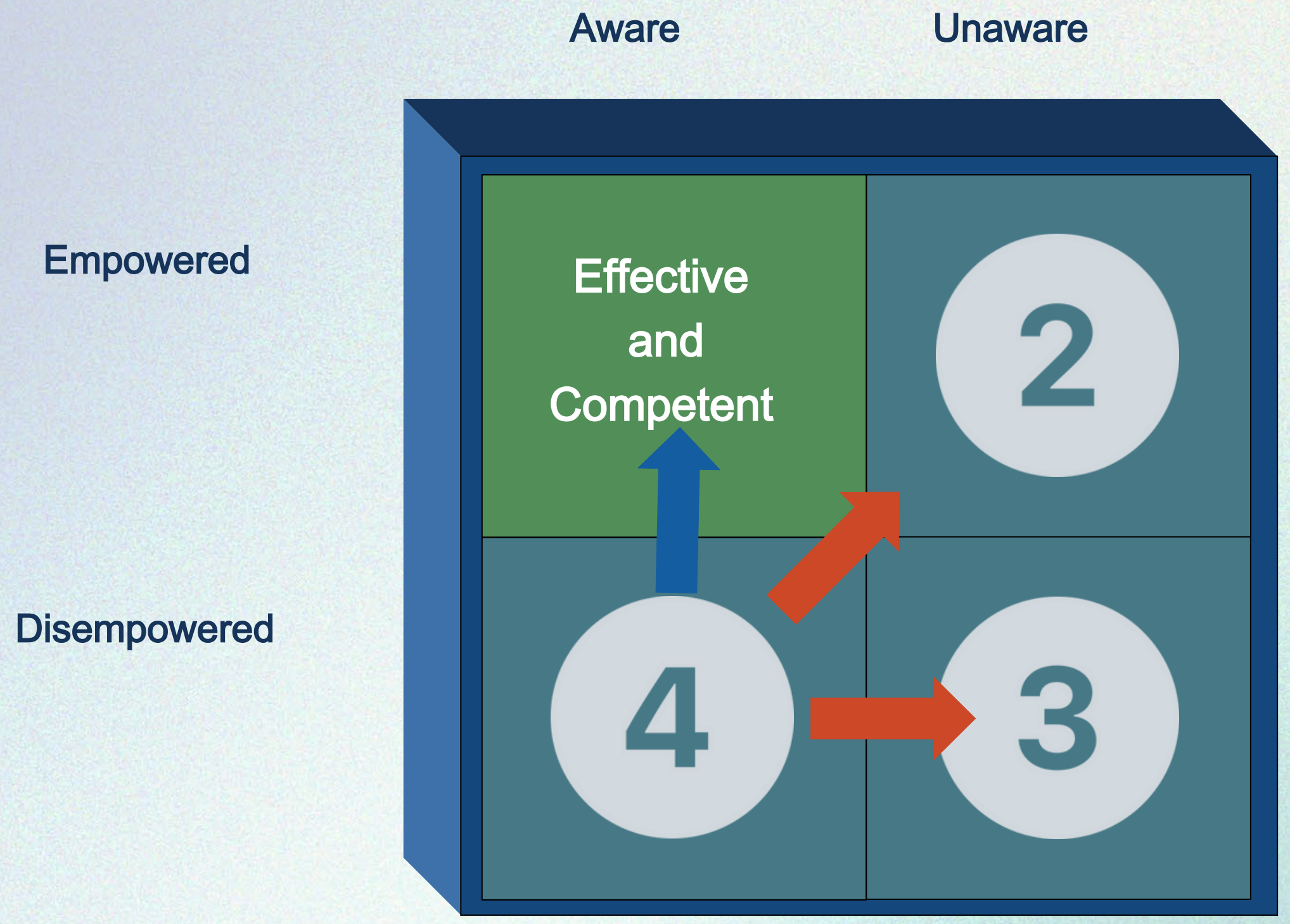
Moral Apathy



- When we are continuously exposed to conditions that violate our values and beliefs about what is right, we can experience moral injury or outrage.
- When we can no longer tolerate those feelings, we may become numb or feel apathy, that is we have no feelings at all.

Witness Positions





Self care is key



We all know self-care is important, but we often don't do it every day



What is your one go-to self-care practice that you can commit to doing every day?
<https://wordwall.net/resource/5069982>

What Needs to Happen in Our Country:

- Enact Policies that Provide Legislative and Legal Protections for Immigrants and Refugees
- Improve Federal Response to Hate Crimes
- Cities and Towns Should Work to Be More Welcoming for Immigrants
- Denounce Anti-Immigrant Bigotry, Racism and Xenophobia
- Provide Tools to Combat Hatred and Bigotry
- Expand Opportunities for Dialogue Within Civil Society

Do you feel more confident in understanding the actions you can take to support patients affected by anti-immigrant rhetoric and policies?

Thank you!

Words Matter: The Impact of Anti-Immigrant Rhetoric and Policies on Clinicians and Patients – Webinar Series

Webinar 1 – October 17

Words and Policies Do Harm: Supporting Clinicians Serving Immigrant Patients

Webinar 2 October 24

Practices that Heal: Working with Latinx Immigrants Who Suffer Multiple Adversities

Webinar 3 November 14

Post-Election Advocacy and Activism for Clinicians Serving Immigrant and Migrant Patients

Evaluation

Supporting Clinicians Serving
Immigrant Patients



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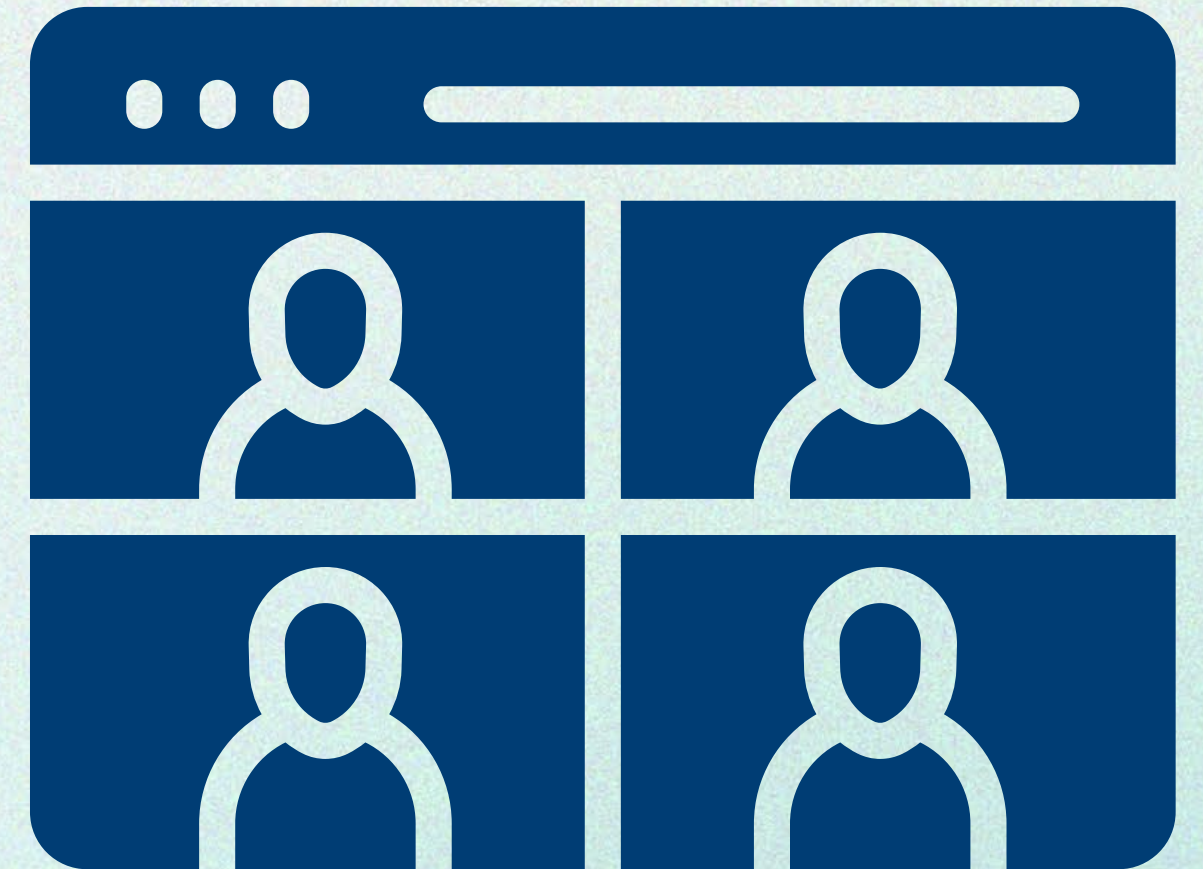
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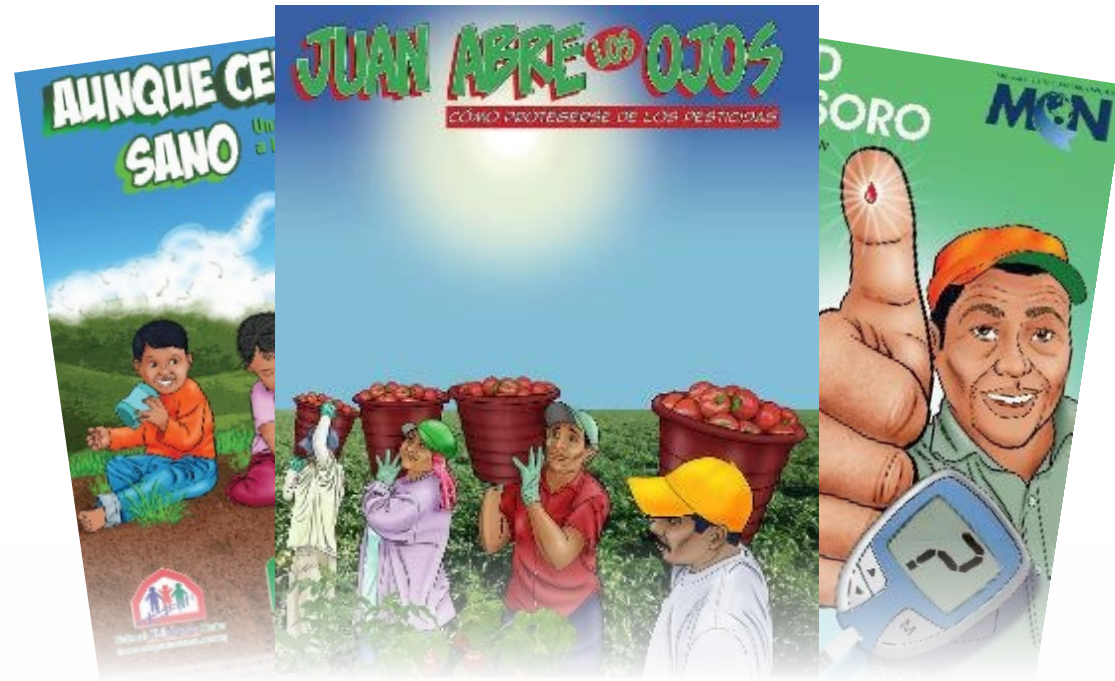
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