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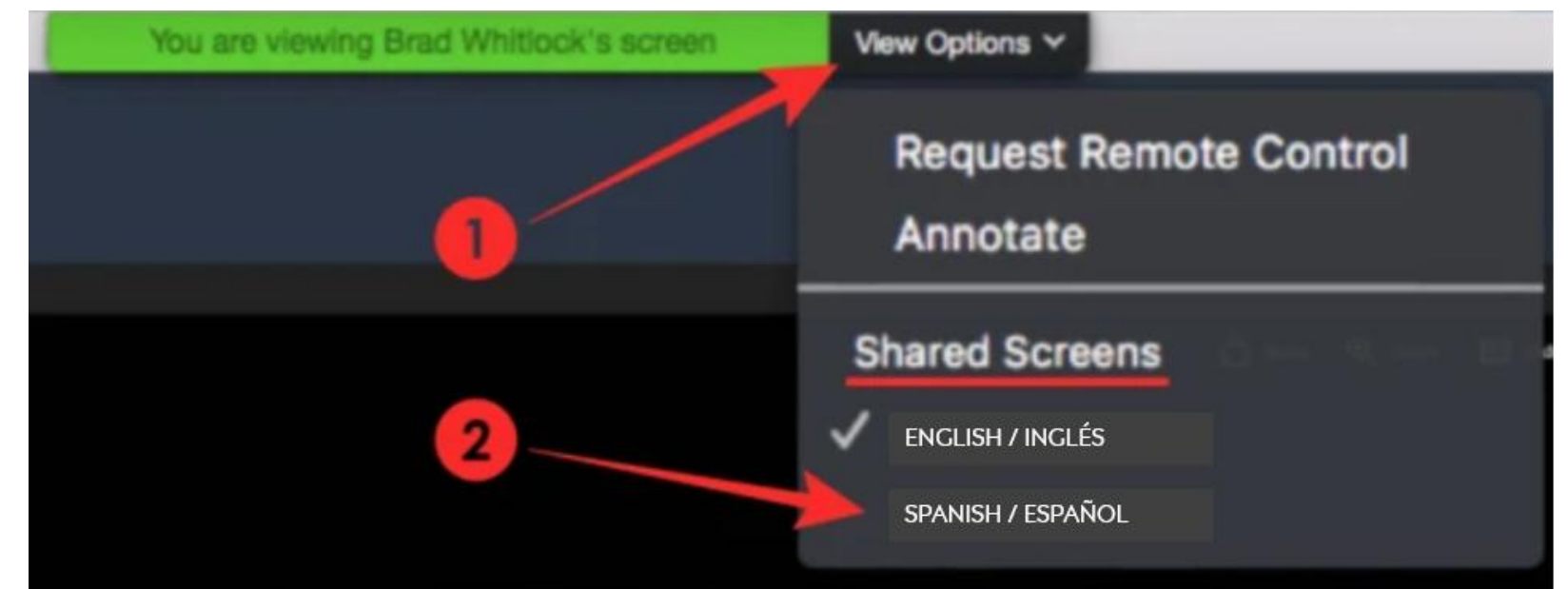
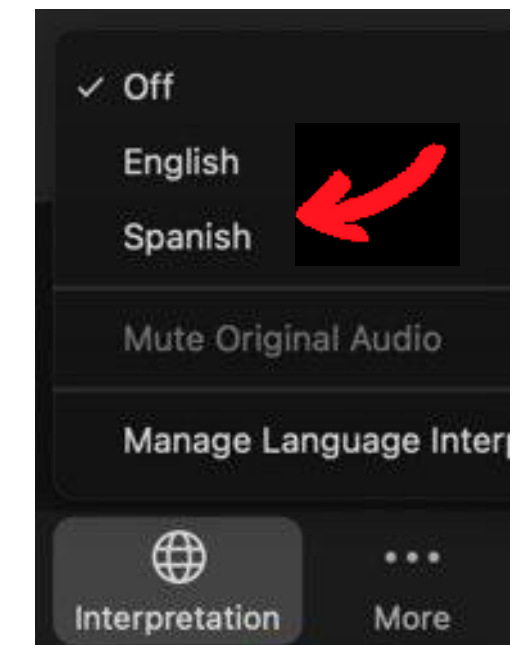
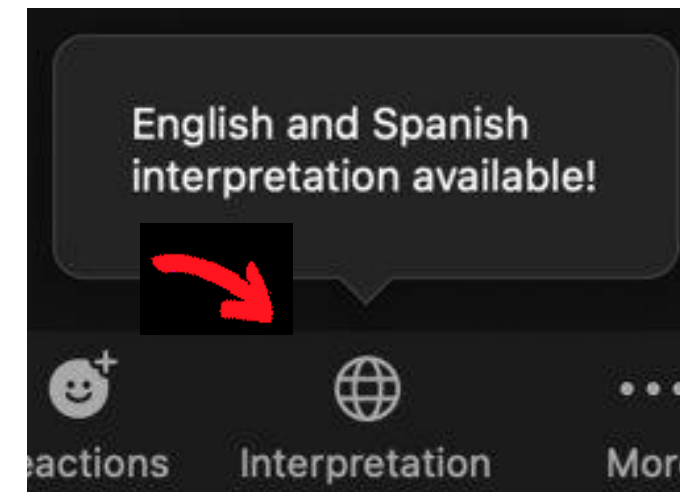
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Words Matter: The Impact of Anti-Immigrant Rhetoric and Policies on Clinicians and Patients

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

Webinar 3

Germán A. Cadenas, PhD

Michelle A. Silva, PsyD

Melanie M. Domenech Rodríguez, PhD, ABPP

Meet the Presenters



**Germán A. Cadenas,
PhD**



Michelle A. Silva, PsyD



**Melanie M. Domenech
Rodríguez, PhD, ABPP**



Humans need community for our emotional health. We need connection, a sense of belonging. We are not built to thrive in isolation.

Session Outline





Setting expectations: Session Objectives

Objectives

- Describe the primary components of a model for guiding clinicians in the practice of advocacy.
- Identify outcomes in critical consciousness and its impact on overall client outcomes.
- Recognize the principles of critical consciousness and collaborative advocacy in case examples.
- Apply principles of collaborative advocacy and critical consciousness in your work as a clinician.



A Word about Words: Definitions

Key Terms

- Policy-based trauma and harm
- Immigration activism
- Critical consciousness
- Collaborative advocacy
- Trauma-informed policymaking



Establishing the context:
The intersection of policy and clinical work

Amid new border strains, Biden extends legal status to 470,000 Venezuelans

By Nick Miroff and Arelis R. Hernández

Updated September 20, 2023 at 11:20 p.m. EDT | Published September 20, 2023 at 9:01 p.m. EDT



AP

Armenians leave Nagorno-Karabakh Walmart shooter to pay families Government shutdown Josh McDaniel Russia - Ukraine war

U.S. NEWS

As migrants overwhelm a Texas border city, others wait in Mexico for appointments to enter the US

THE ASSOCIATED PRESS

PBS NEWS HOUR

By –
Rebecca Santana,
Associated Press

Leave your feedback

What's behind the influx of migrants crossing the U.S. southern border?

Over 470 Policy Changes [2017 to 2021]

- Separating children from families at border
- Attempted to end DACA protections for undocumented youth
- Toxic and aggressive narrative
- Started building border wall
- 3 x travel bans targeting Muslim countries +Venezuela + N. Korea
- Ended TPS for Salvadorans
- Attempted to end green cards for unaccompanied minors
- Increased raids and enforcement
- Expedite deportation through courts
- Asylum rules changed
- DHS collected social media information on all immigrants
- Attacks on sanctuary cities and CA (sanctuary state)
- Attempted to cut skill-based migration by half, “merit based”
- Ended program educating immigrants about their rights when in detention
- Attempted to end family-based migration (“chain migration”)
- “Public charge” rule

Policy: Current Context

2001

2001-2017

DREAM Act is introduced in Congress but not signed into law

President Obama created Deferred Action for Childhood Arrivals (DACA) by Executive Order

2012

2017

Trump attempts to rescind DACA – new applications are not accepted

2020: US Supreme Courts upholds DACA

2021: Texas judge rescinds DACA

2022: No path to citizenship in Build Back Better

NOW



Policy Impact on Health Disparities

- Immigrants and refugees are impacted by intersecting crises and structural conditions (e.g., immigration policy, COVID-19 pandemic) (Garcini et al., 2021).
- The COVID-19 pandemic disproportionately impacted immigrants who do not have permanent protections (Capielo et al., 2022; National Latinx Psychological Association, 2021, The Alliance of National Psychological Associations, 2021).
- The citizenship shield: Immigration status moderated the links between discrimination and negative health outcomes during the COVID-19 pandemic (Cadenas et al., 2022).
- Undocumented immigrants reported clinical levels of health concerns and psychological distress (Latinx Immigrant Health Alliance & United We Dream, 2021).

Policy Impact on Health and Mental Health Disparities

- College students with precarious immigration statuses display greater psychological distress than peers with permanent protections (Cadenas & Nienhusser, 2021).
- Immigration status predicts perceptions of inclusivity, mental health, and educational persistence (Cadenas et al., 2022).
- “Spillover effect:” Stigma of marginalization based on immigration status is related to greater psychological distress among Latinxs, regardless of immigration status (Santos et al., 2021).
- Trauma symptoms predict psychological distress and views of police among Latinx immigrant youth (Venta et al., 2022; Venta et al., in press).
- Undocumented immigrants are at-risk of psychological distress, and use multiple strategies to develop resilience in the face of prolonged stress (Garcini et al., 2022; Garcini et al., 2021; Moreno et al., 2021).

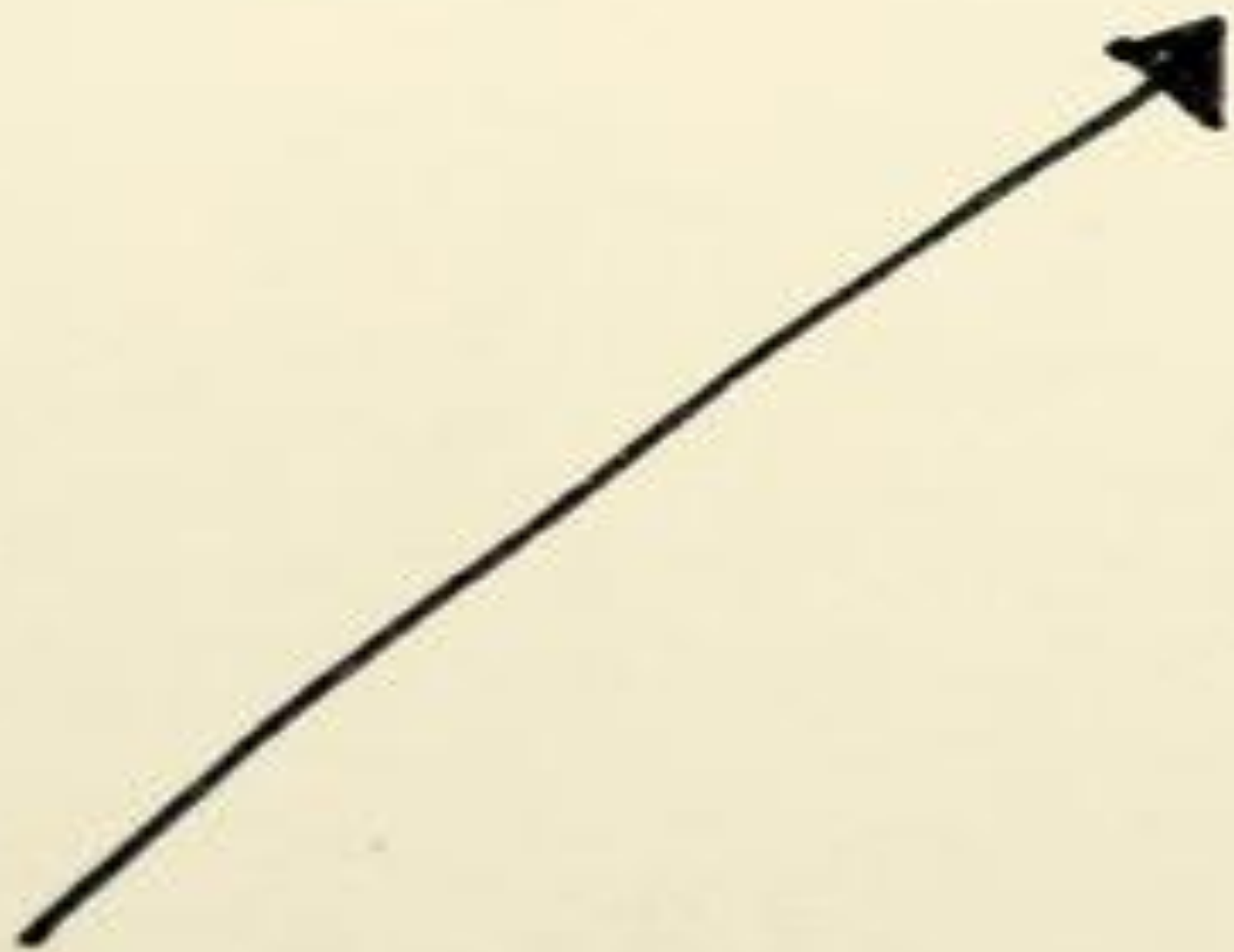
American Psychological Association (APA) Interdivisional Immigration Project (IIP) (2018)

- Preventative approach → Social action and/or forms of activism
- Goals:
 - To foster collaborations between mental health and activist leaders in immigrant communities across the country
 - To develop advocacy recommendations for mental health providers and community leaders to address harm stemming from anti-immigrant policy
- Intended audience:
 - Mental health and allied health professionals
 - Community-based researchers
 - Policy advocates
 - Community leaders



Many hats: The multi-faceted role of the clinician

Expectations



Reality



What's my role?



1. How do you feel about having these roles?
2. What do you bring to this experience?
3. What do you need to know to feel prepared?



The Voice of Psychology in California

**Recommendations for Psychological Practice with
Undocumented Immigrants in California**

Approved by the California Psychological Association's Board of Directors in
February 2018

Developed by: Elizabeth Hernandez (co-chair), Germán Cadenas (co-chair), Ivonne Mejia, Esmeralda Zamudio, Diana Peña, and Dania Lopez Beltran

In 2003, APA put forth guidelines that reframed the role of psychologists as leaders and advocates of social justice and multiculturalism in all realms of their professional identity (Constantine & Sue, p. 24). Specifically, APA Multicultural Guidelines identified foundational principles that "articulate respect and inclusiveness for the national heritage of all groups, recognition of cultural contexts as defining forces for individuals' and groups' lived experiences, and the role of external forces such as historical, economic, and socio-political events" (APA, 2003, p. 382). In 2017, APA updated these guidelines, reconsidering diversity and multiculturalism by adopting intersectionality as its main purview and using a layered ecological model (APA, 2017).

- Apply liberation psychology principles (Montero, 2009), challenge inaccurate and detrimental attitudes and beliefs about undocumented immigrants.
- Engage in formal, informal, and experiential education about undocumented immigrants' experiences.
- Educate others and challenge myths.
- Acknowledge research limitations and engage in community-based participatory research practices.
- Engage in ongoing culturally responsive and culturally humble practices.
- Stay up to date with immigration policy changes and their intersection with other systems of oppression.
- Engage in institutional, community, and policy advocacy.

APA Immigration Task Force Report

Guiding Principles:

- Evidence-based practice
- Culturally-competent treatment
- Ecological framework
- Social justice perspective
- Comprehensive community-based services



Suárez-Orozco, C., Birman, D., Casas, J. M., Nakamura, N., Tummala-Nara, P., & Zárate, M. (2013). Working with immigrant-origin clients: An update for mental health professionals. *Washington, DC: American Psychological Association.*



A Model of Collaborative Immigration Advocacy

Psychological Trauma

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A Model of Collaborative Immigration Advocacy to Prevent Policy-Based Trauma and Harm

Germán A. Cadenas¹, Mary Beth Morrissey², Stephanie Miodus³, Elizabeth Cardenas Bautista⁴,
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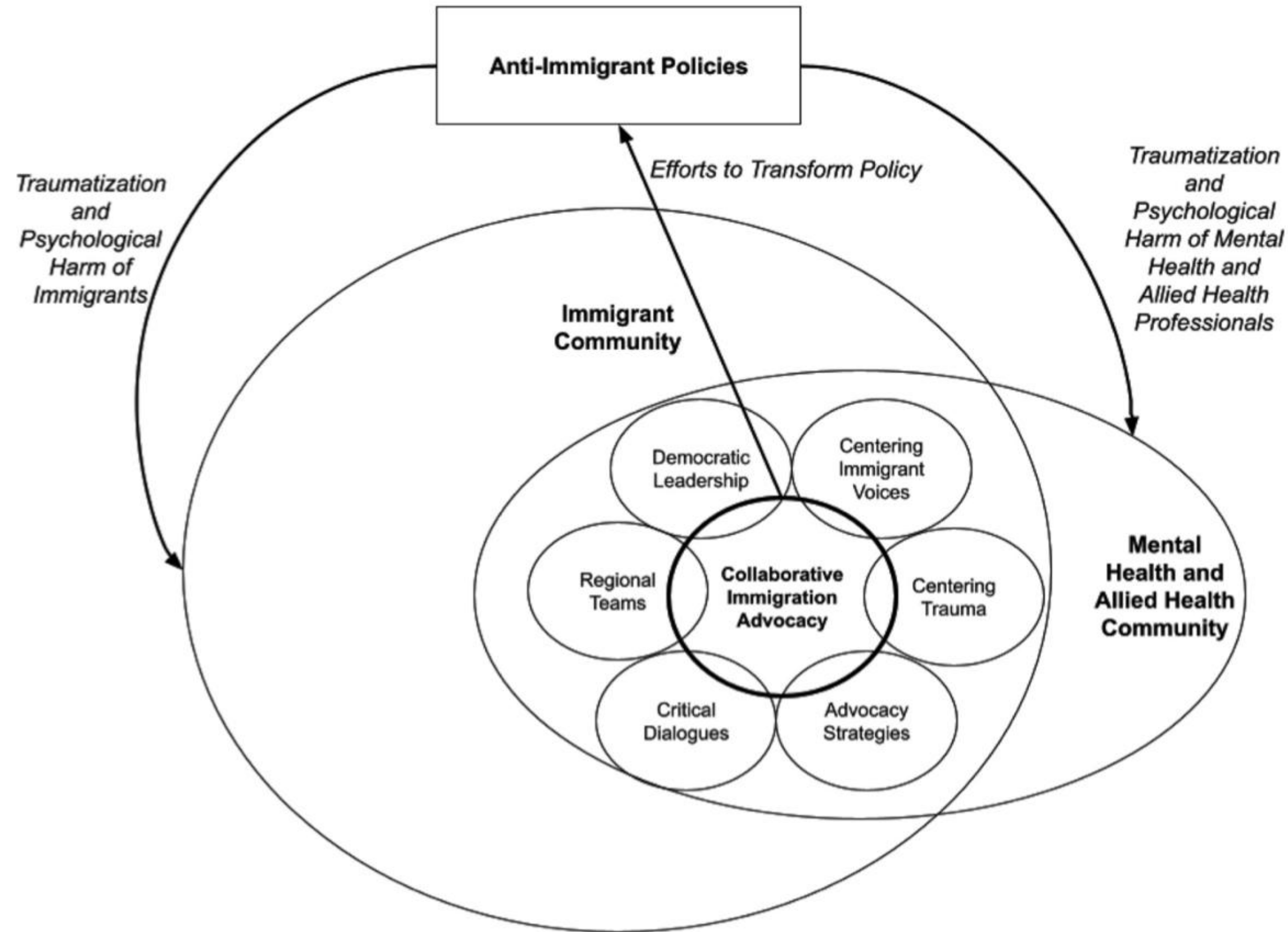
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Figure 1
Model of Collaborative Immigration Advocacy

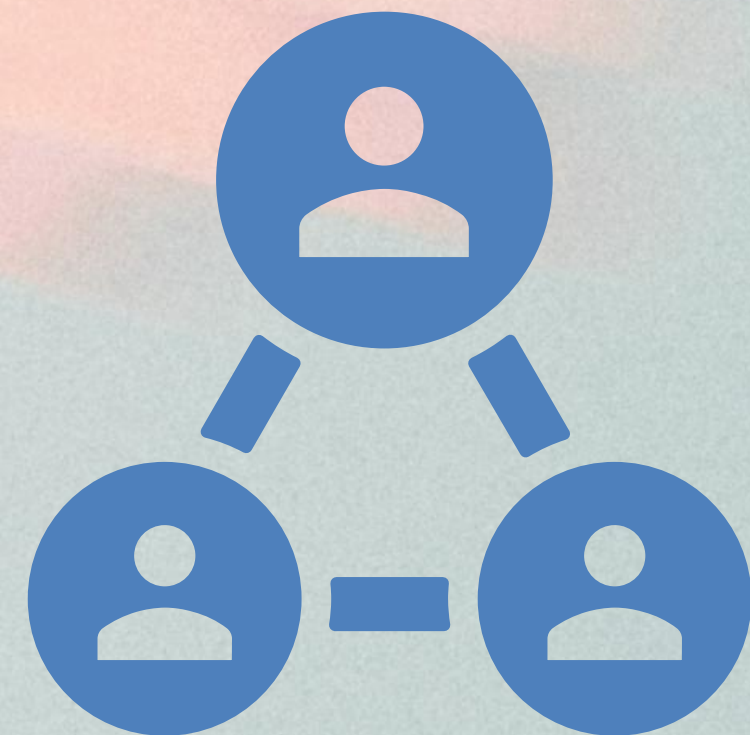


Cadenas, G. A., Morrissey, M. B., Miodus, S., Cardenas Bautista, E., Hernández, M., Daruwalla, S., Rami, F., & Hurtado, G. (2022). A model of collaborative immigration advocacy to prevent policy-based trauma and harm. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001330>

Democratic and Egalitarian Leadership Structure

Democratic leadership (Gastil, 1994):


1. Leadership and authority roles are separate
 2. Responsibility is distributed
 3. Empowerment of group members is supported
 4. Decision-making involved participation from all
- This leadership style is linked to with group satisfaction.
 - Transformative social movements tend to embrace this approach.





Centering and Uplifting Immigrant Voices

- Liberatory frameworks for education and community-based healing (Chavez-Dueñas et al., 2019; Freire, 1973; French et al., 2020; Martín-Baró, 1994).
- Narratives facilitate empowerment and empathy.
- Narratives are connected to healing in therapy, and to gaining agency and self-determination.
- Collaborative environment, power was shared, and resistance against racial hierarchies.



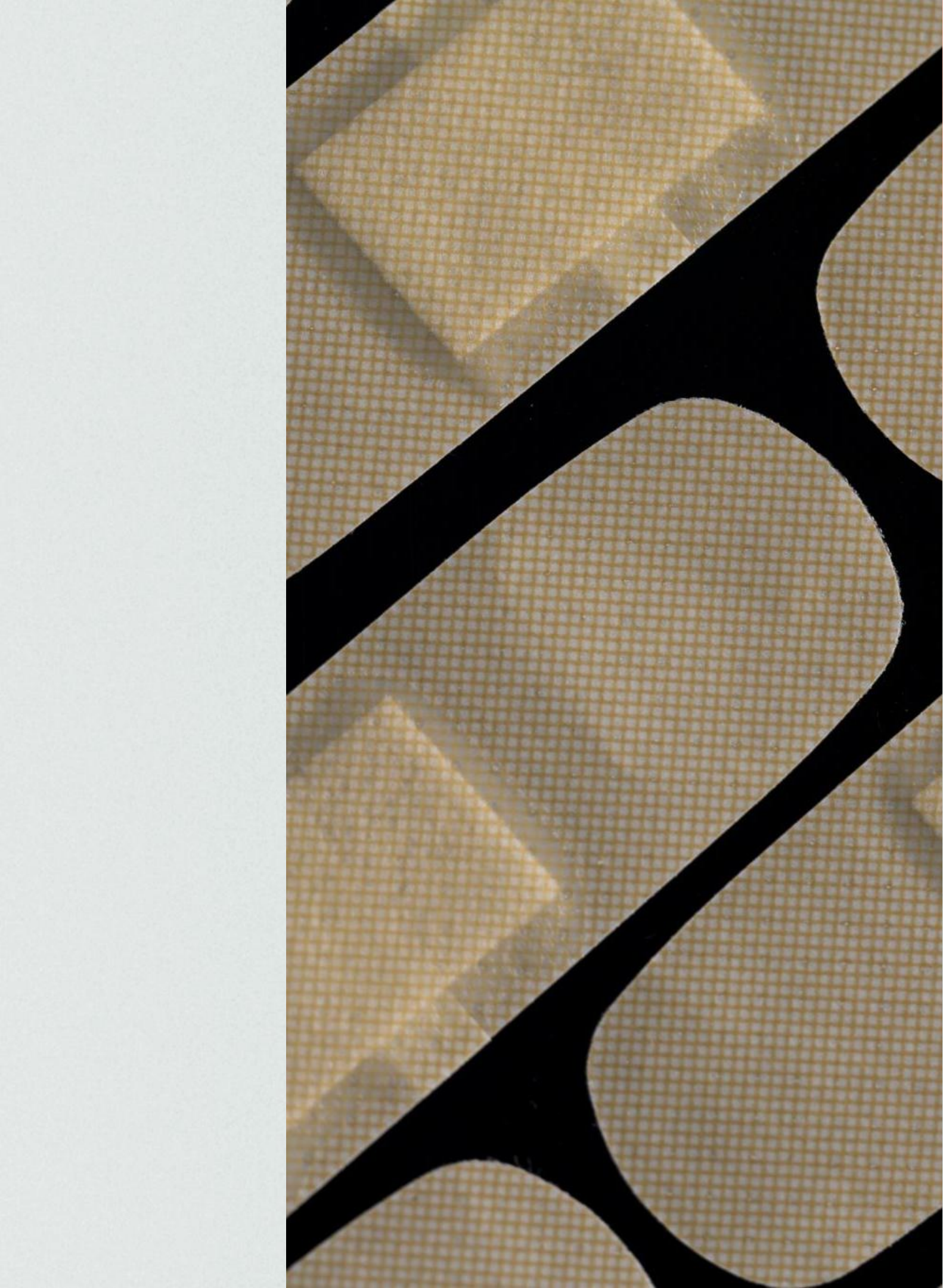
Regional Teams

- Community organizing that is specific to location is a helpful tool for building grassroots power (Christens et al., 2021).
- Location-specific community organizing helps build coalitions to meet needs, bridge resources, and create spaces for social change (Lardier et al., 2022).
- Five regional teams were created (West, Southwest, Midwest, Southeast, and Northeast).
- Teams were co-led by psychologists, graduate students, allied health professionals, and community activists.

Critical Dialogues

- Dialogue is a central method for facilitating spaces that are liberatory and oriented toward social change (Freire, 1973; Martin-Baro, 1994).
- Dialogues have been used in popular education in South America (Freire, 1973), in community empowerment in Central America (Martin-Baro, 1994), and to address racial trauma and healing among communities of color and immigrants in the U.S. (Chavez-Duenas & Adames, 2021; Chavez-Duenas et al., 2019; French et al., 2020; Steinmentz, 2020).
- Critical dialogues were facilitated in each regional group.
- The structure of the dialogues centered immigrants' perspectives, while allowing mental health professionals to also reflect and respond.





Centering Trauma and Empowerment

- Traumatization of immigrant communities, and of mental health and allied health professionals who serve them, is widespread.
- There is a need to promote trauma-informed policy and advocacy (Bowen & Murshid, 2016; Cook et al., 2020).
- Discussing experiences of trauma and of empowerment simultaneously may be key to healing and repairing.
- Open-ended questions during the dialogues prompted sharing about trauma and empowerment.
- Safety was prioritized.
- Mental health professionals were available to respond to distress if needed.

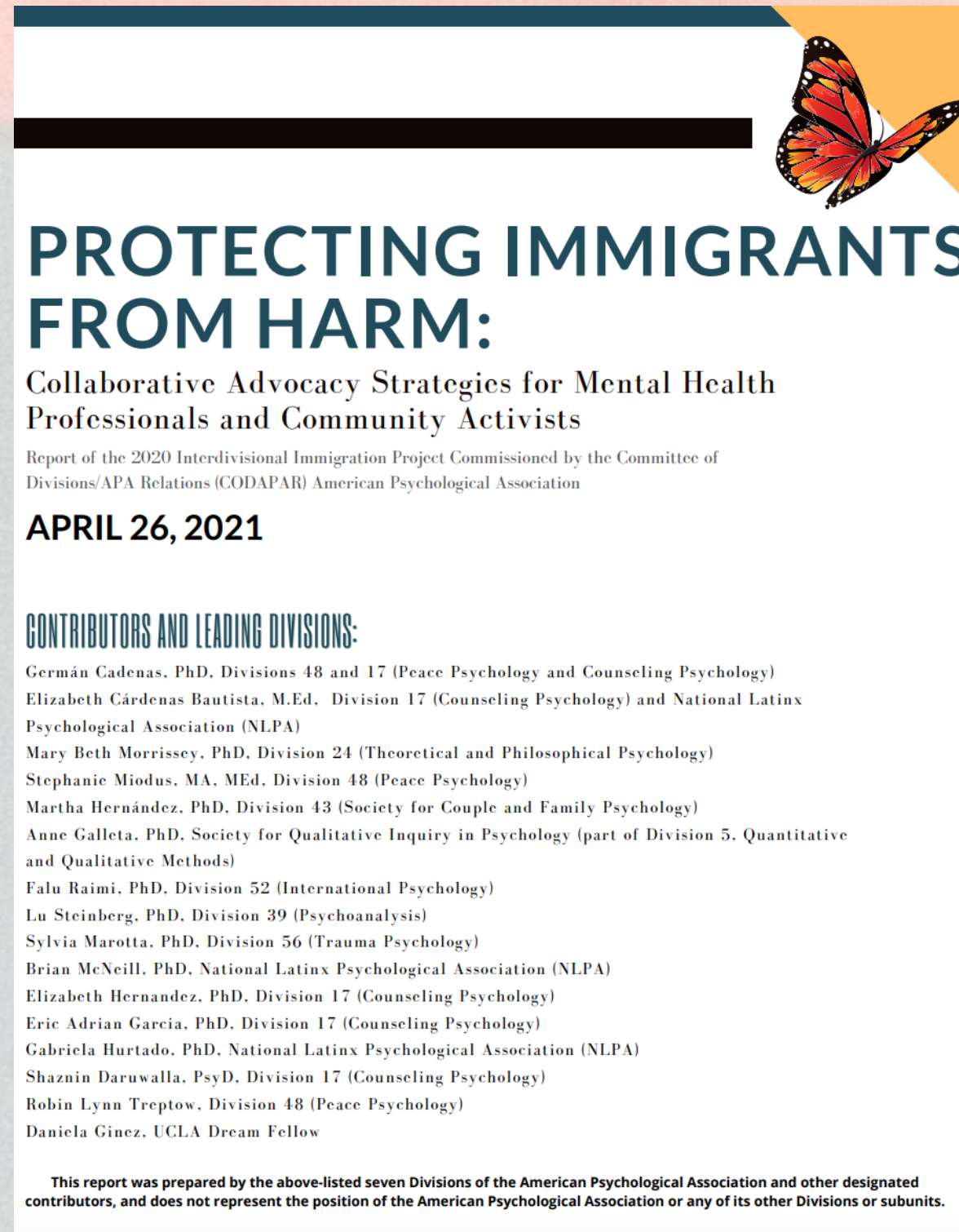


Developing Advocacy Strategies

- Engaging in action, resistance, and development of a social justice and liberation orientation is key in radical healing from ethno-racial trauma, including among immigrant communities (Chavez-Duenas et al., 2019; French et al., 2020).
- Method for healing from macro level policy-based harm.
- Advocacy strategies were co-created by activists and mental health professionals to be responsive to localized needs.

Implementation

- Public Report for Knowledge Mobilization
- Building and Expanding Partnerships for Advocacy on Immigration Reform
- Supporting Efforts by National Associations



PROTECTING IMMIGRANTS FROM HARM:

Collaborative Advocacy Strategies for Mental Health Professionals and Community Activists

Report of the 2020 Interdivisional Immigration Project Commissioned by the Committee of Divisions/APA Relations (CODAPAR) American Psychological Association

APRIL 26, 2021

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This report was prepared by the above-listed seven Divisions of the American Psychological Association and other designated contributors, and does not represent the position of the American Psychological Association or any of its other Divisions or subunits.



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National Strategies

Policy Advocacy Level

- Address dehumanization
- Increase collaborations in the community

Service Delivery and Programmatic Level

- Create a national list of resources and a provider network/directory
- Provide mental health support for community activists
- Provide public education about mental health services to address stigma

Training and Education Level

- Amplify culturally-based healing practices
- Provide training on cultural competency to providers



Model “in action” : Examples from the field



1) United We Dream and Latinx Immigrant Health Alliance (LIHA) collaboration

Home > Our Work > UndocuHealth & Wellness

UNDOCUHEALTH

Our UndocuHealth Initiative will walk you through and provide toolkits to facilitate and inform our community. Things like music-ivism, activism, and breathing practices is what will transform these anxieties and insecurities into something positive!



Fostering Resilience in our Immigrant Families & Communities: Strategies for Building Support Groups in the Face of Adversity

Defining Social Support

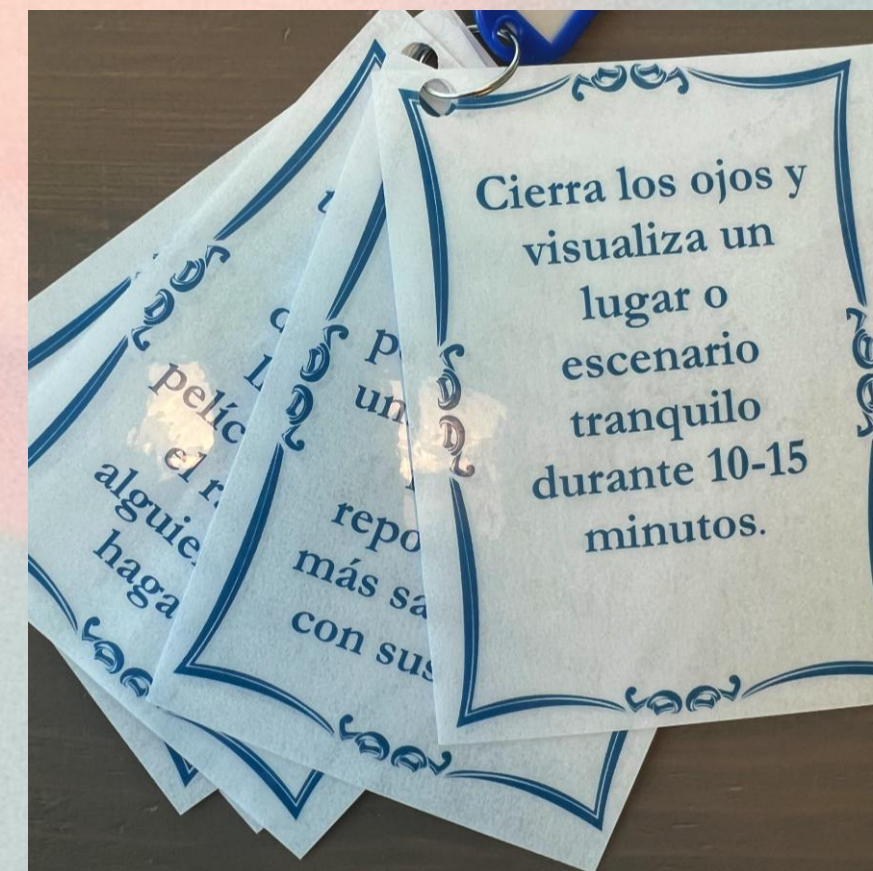
Social support is essential to your overall health and well-being. It means knowing that you can rely on others to help you make important decisions, to gain access to the resources you need, and to offer advice. Social support can come from a relationship with one person or from a group of people with similar lived experiences. Having social support often means feeling that you belong, are connected to a community, and are accepted. A support network can be made up of community activists, family members, close friends, romantic partners, mentors, and/or supportive co-workers.

Social Support and Stress

Social support is especially important during times of stress. Stress can happen when you feel overwhelmed by your circumstances, or feel you are unsafe. Stress can come from a positive change such as moving to a new city for school or work, or from a negative change such as losing a loved one unexpectedly. Many in our community are experiencing stress from the uncertainty and anticipation of changes to immigration policies. Every person will respond differently to stress; trusting that there is someone to turn to is beneficial to your wellbeing.

The Challenge of Developing Social Support

Creating strong support networks in an unfamiliar place is a common challenge for many people, including immigrants. Social support networks often develop naturally, and might include extended family, classmates, friends from work, members of your faith community, and even the people in your neighborhood. Among undocumented and mixed-status families, creating support networks might be compromised by valid feelings of mistrust, limited access to available resources, language differences,



2) CT Latino Behavioral Health System and Community Health Worker program



Questions and Reflections

Thank you!

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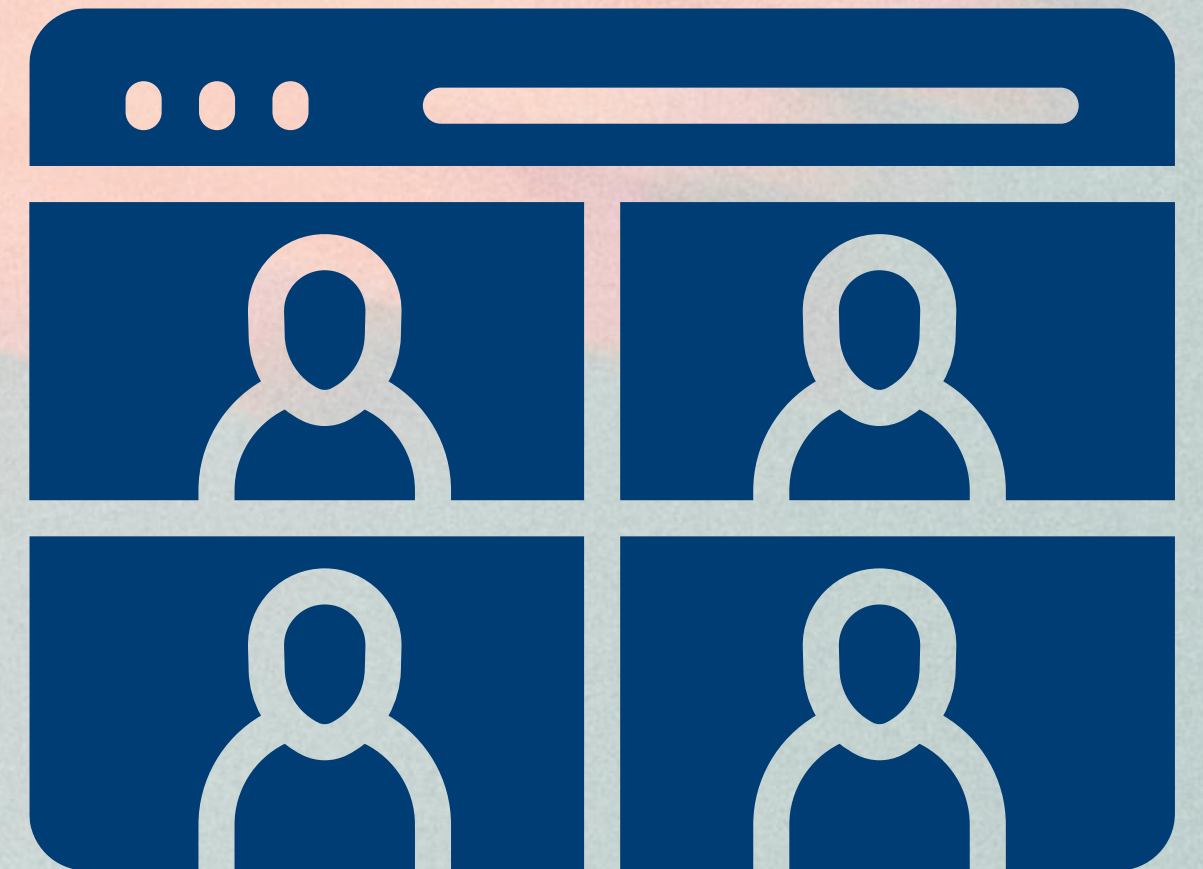
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