Promoting Resilience in Migrant Children with the Support of their Families and Communities

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“Many children may have experienced a disruption in what we call the “scaffolding of childhood”—the basic experiences we expect to be in place for children to develop and thrive, such as access to schools, health care, adequate food and water, safe neighborhoods, and intact families”

-Refugee Technical Assistance Center

Objectives

- Review the personal and environmental factors that promote resilience across and within cultures
- Describe the features of successful school integration programs and the role of health care provider in promoting educational success
- Outline the community resources that are needed to support children and their families through the resettlement process

Resilience

“Resilience…the capacity of a dynamic system to withstand or recover from significant challenges that threaten its stability, viability, or development.”

-Masten & Narayan, 2012

“Resilience is the process of harnessing biological, psychosocial, structural, and cultural resources to sustain wellbeing.”

-Parter-Brick and Leckman, 2013
Resilience is ordinary magic. - Masten, 2009

“Every child in every classroom bring a history to the classroom.” - Dryden-Peterson, 2015

Refugee Children Education Access

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Access Percentage</th>
</tr>
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<tbody>
<tr>
<td>University</td>
<td>11%</td>
</tr>
<tr>
<td>Secondary School</td>
<td>22%</td>
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<tr>
<td>Primary School</td>
<td>50%</td>
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“I was always worried and thought about the future of my children because they were not going to school when the other children of their ages were going to school. This was my biggest challenge since I could not afford it. Even they asked several times mother when are we going to school? And this was heartbreaking and [my] biggest problem when I lived in Kenya.”

- Mother, Somali Refugee, Study Participant, 2018

### School Integration

- Access to school
- Celebration of language
- Extra support vs. Tracking & Grade repetition
- Engaging parents
- High quality early education

### Role of Health Care Provider?

- Migration History
- Developmental and Behavioral Screening
- Mental Health Screening
- Care Coordination

### Migration History

- Location of birth
- Preferred Language
- Country of birth
- Path of Migration
- Family members traveling
- Health care access
- School attendance

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- Location of birth
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EVERY Child
*Children up to 72 months

Developmental and Behavioral Screening

Who
EVERY Child
*Children up to 72 months

When
Build rapport first.

How
Developmental Screening tools
Language
Cultural tailoring

Where
Clinic
In-patient setting
Early childhood programming
Public Health outreach

Mental Health Screening

Who
EVERY Child
Young children (Parents)

When
Build rapport first.

How
Identifying Tools
Strengths and Difficulties Questionnaire

Where
Clinic
School
Early childhood programming
Public Health outreach

Care Coordination

- Identifying educational rights and expectations
- Partnering at school
  - School nurse
  - Therapists
  - Teachers
  - School Lunch
- Advocacy
Community Resources

Social Determinants of Health

New Arrivals Working Group
- Coordinated by Washington State Department of Health
- Multi-disciplinary bi-monthly meetings
- Community developments and needs
- Partner in projects

Somali Health Board
- Ethnic Community Based Organization
- Somali Health Professionals
- Aim to decrease health disparities by partnering with health systems to influence policies and services
- 2018 Community Resilience Award Recipients
Family Based Approaches

- Wellbeing of children contingent on wellbeing of the parents
- Ensuring parental access to mental health services
- Access to group support and classes
  - First Foods

With Gratitude

Patients and Families
- Somali Health Board
- Refugees Northwest
- Mother Africa
- International Rescue Committee
- World Relief
- Jewish Family Service

Community Partners
- Seattle-King County Public Health
- WA Department of Health
- Centers for Disease Control and Prevention
- International Organization for Migration

Public Health Partners
- Harborview Medical Center
- University of Washington
- Seattle Children's Research Institute

Academic Partners
- Center for Health Education and Research
- Center for Public Health Administration
- College of Nursing
- School of Public Health
- School of Medicine
- School of Public Affairs

References

8. OECD. Helping Immigrant Children to Succeed at School and Beyond. 2015.