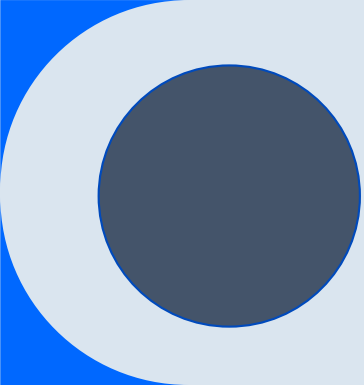





Supporting Child Migrants: Creating Trauma-Informed Spaces



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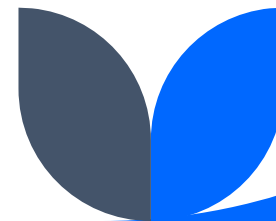




Dichotomy of Child Migrants

Adultification versus Infantilization

How do we achieve a middle ground?



What is Trauma?

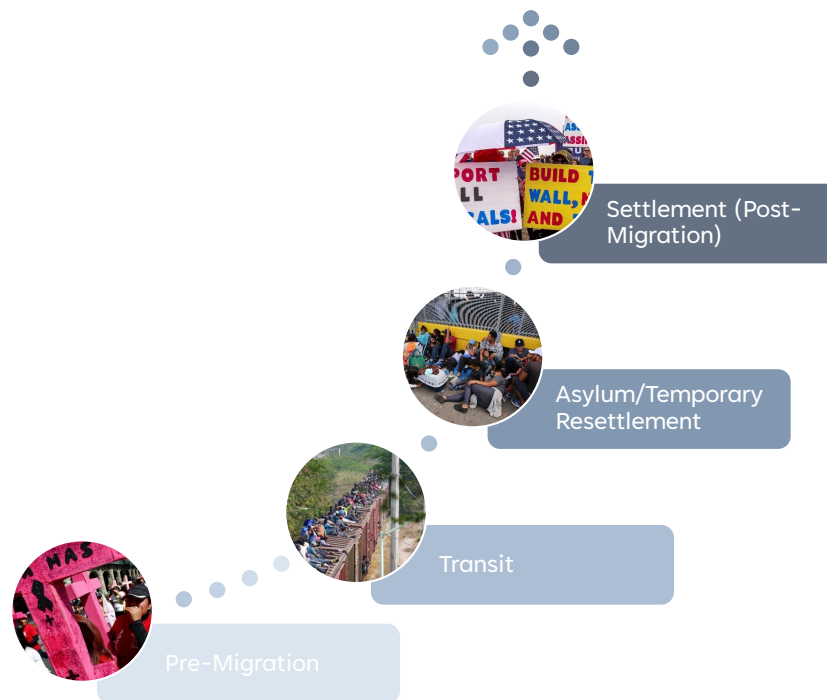
The 3 E's of Trauma

EVENTS that include actual or extreme threat of physical or psychological harm

EXPERIENCES of the event, that include intense and prolonged physical and psychological harm

Long-lasting physical and psychological **EFFECTS** of the event

What Might Migrant Youth “Carry?”

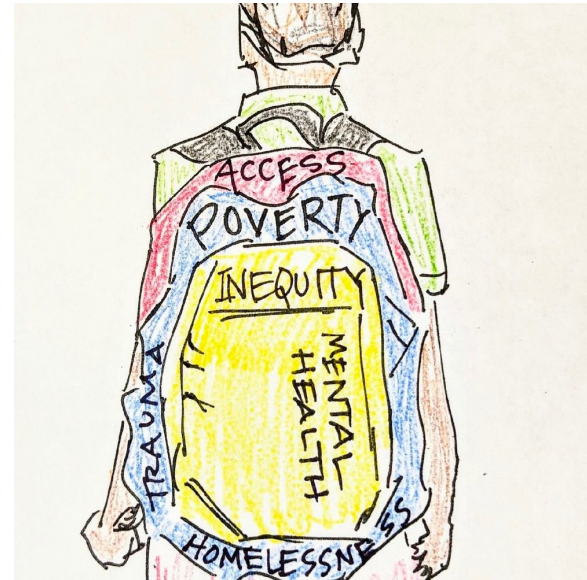


Why Do We Need Trauma-Informed Care?

Everyone has an "invisible backpack"

We can work towards reshuffling the backpack and even eliminating some stressors to make it easier to carry

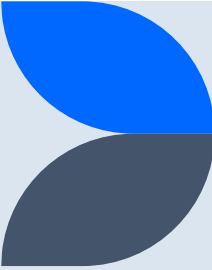
THAT'S TRAUMA-INFORMED CARE!



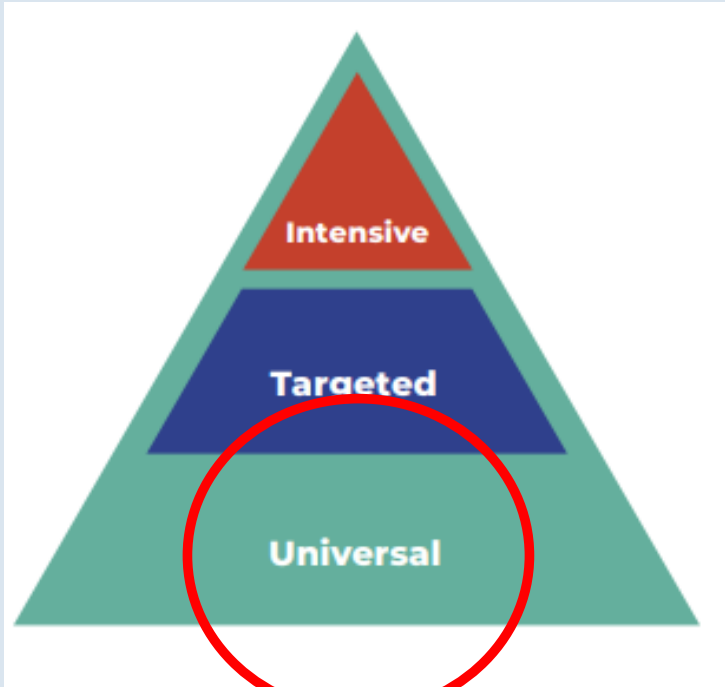
Trauma-Informed Care: 4 R's

- **Realize**
 - Understand widespread impact of trauma
 - Reframe “what is wrong with you?” to “what happened to you?”
- **Recognize**
 - Recognize the different signs and symptoms of trauma
 - Use open ended questions
- **Respond**
 - Assess, refer, and coordinate
- **Resist Re-Traumatization**
 - Rethink your approach





Public Health Framework



Our 6 Guiding Principles



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by **OPHPR** and **NCTIC** was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

Adopting a Trauma Lens with Migrant Youth

- Create a safe environment. How do we make sure everyone feels supported?
- Build and maintain trust with honesty and transparency.
- Connect individuals with peers with lived experience. Emphasize that no one is alone.
- Everyone has a role in promoting a culture of care. Collaboration with others is key.
- Promote empowerment and choice. Every single individual has a strength.
- Respect intersectionality. Immigration intersects with race, ethnicity, sexual orientation, gender, age, religion, and so forth.

Trauma-Informed is Not a Curriculum

Being trauma-informed is not about perfecting a curriculum or training; it's a *shift* in how we interact with individuals and listen.

Traditional

Challenging behaviors are a result of individual deficits (e.g., “what’s wrong with you?”)

We have to focus on “fixing” an individual

Trauma-Informed

Challenging behaviors may be ways of coping with traumatic experiences (e.g., “what’s happened to you?”)

We have to focus on fixing the environment

Importance of Listening

- Show you are listening
 - Verbal and nonverbal communication
- Encourage sharing
 - Open ended questions
 - Reflect back what you heard
 - “It sounds like you are doing your best, but it’s a lot to handle for one person.”
- Strive to understand
 - Validate feelings
 - Acknowledge strengths
 - DO NOT infantilize , blame, or “settle”
 - “Aw, I am so sorry. I feel so bad for you!”
 - “Wow, I can’t believe your parents sent you here all by yourself!”
 - “You’re probably better off working full time anyway; it would be so hard to catch up in school.”



Takeaway

- Every immigrant experience is unique and everyone carries an “invisible backpack”
- We all have a role to play in creating trauma-informed spaces
- Everyone wants to:
 - Be safe
 - Feel calm
 - Find connection
 - Have control and choice
 - Feel hopeful



Thank you

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