

TTAC

NYC Early Childhood
Mental Health

Training and Technical Assistance Center



The Border is Here: A Family Preparedness Plan in the Face of Imminent Separation and Loss

Presented by

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The Center for Excellence in Immigrant IECMH, Boston Medical Center

Who We Are

The New York City Early Childhood Mental Health Training and Technical Assistance Center (TTAC), is funded by the NYC Department of Health and Mental Hygiene (DOHMH).

TTAC is a partnership between the New York Center for Child Development (NYCCD) and the McSilver Institute for Poverty Policy and Research

- **New York Center for Child Development** has been a major provider of early childhood mental health services in New York with expertise in informing policy and supporting the field of Early Childhood Mental Health through training and direct practice
- **NYU McSilver Institute for Poverty Policy and Research** houses the Community and Managed Care Technical Assistance Centers (CTAC & MCTAC), Peer TAC, and the Center for Workforce Excellence (CWE). These TA centers offer clinic, business, and system transformation supports statewide to all behavioral healthcare providers across NYS.

TTAC is tasked with building capacity and competencies of mental health professionals and early childhood professionals in family serving systems to identify and address the social-emotional needs of young children and their families.



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Our Identities and Social Location

The Team



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Learning Objectives

1. Analyze the intersection of immigration policy and systems of oppression and critically consider the historical, socio-economic-political context forcing families to leave their home countries as well as our role in perpetuating systems of oppression.
2. Describe the implications of pre-, during, and post-immigration traumatic stressors.
3. Describe the long- and short-term effects (cognitive, socio-emotional, psychological, relational) effects of immigration policies that cause threats of separation or forcible separation on young children and their parents/caregivers.
4. Describe and use the “Family Preparedness Plan,” an interdisciplinary, developmentally-, trauma- and diversity-informed tool that aims to increase safety, affect regulation, empowerment, and hope in immigrant families.

Keep in Mind...

During this presentation, we will be discussing topics related to immigration trauma, racial trauma, health inequities, secondary traumatic stress and family separation.

Please do whatever you feel you need to in order to take care of yourself

Self-Awareness and Acknowledgement

We live, work and thrive on land that is **stolen and occupied**, and in a country **built through enslavement**.

This country would not exist or prosper if it weren't for the spoils of our political warfare on the Global South, and the *ongoing resource exploitation of our Latin American neighbors*.

We honor the legacy of Brown immigrants, of the African diaspora, and of the Black life, knowledge, and skills stolen due to **violence and systematic oppression**.

We recognize that acknowledgements are empty without meaningful actions that affect change.

Our Stance

Our stance is one that locates infant and early childhood mental health practice within postcolonial liberation, social justice, racial justice, and diversity-informed frameworks.

Self-awareness Leads to Better Services for Families:

Working with infants, children, and families requires all individuals, organizations, and systems of care to reflect on our own culture, values and beliefs, and on the impact that racism, classism, sexism, able-ism, homophobia, xenophobia, and other systems of oppression have had on our lives in order to provide diversity-informed, culturally attuned services.

Diversity-
Informed
Tenet #1

slido

Please download and install the Slido app on all computers you use



**If unexpectedly you had to leave the country
in 24 hours...
What would be your priority?**

① Start presenting to display the poll results on this slide.

Immigration Landscape

Immigration Terminology



Undocumented

Citizen

Resident
Green Card
Holder

Visa Holder

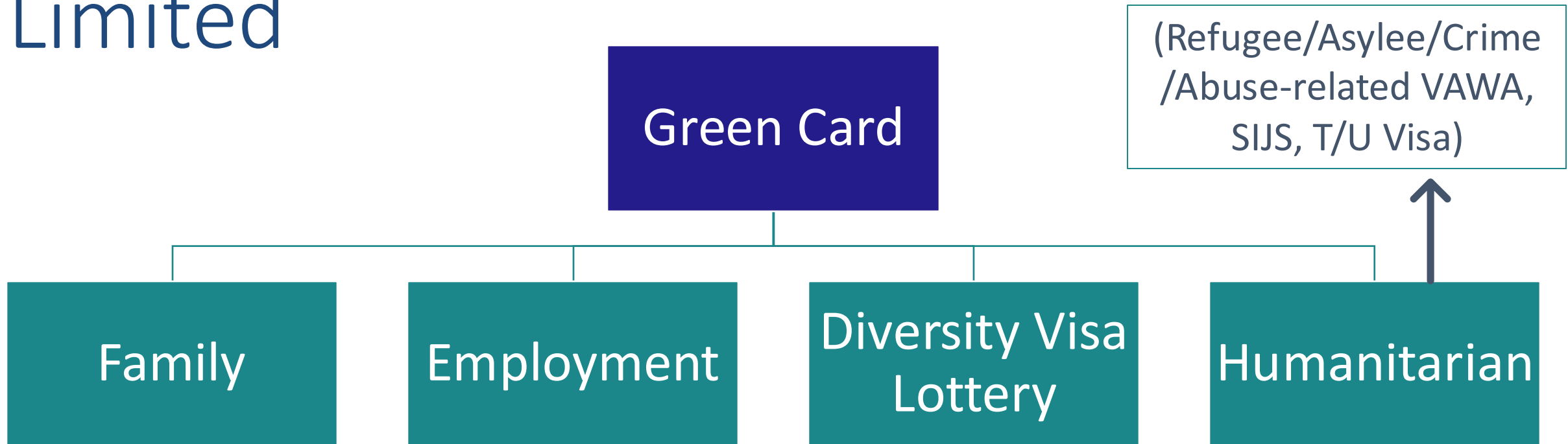
Refugee

Asylee

Temporary
Protected
Status (TPS)

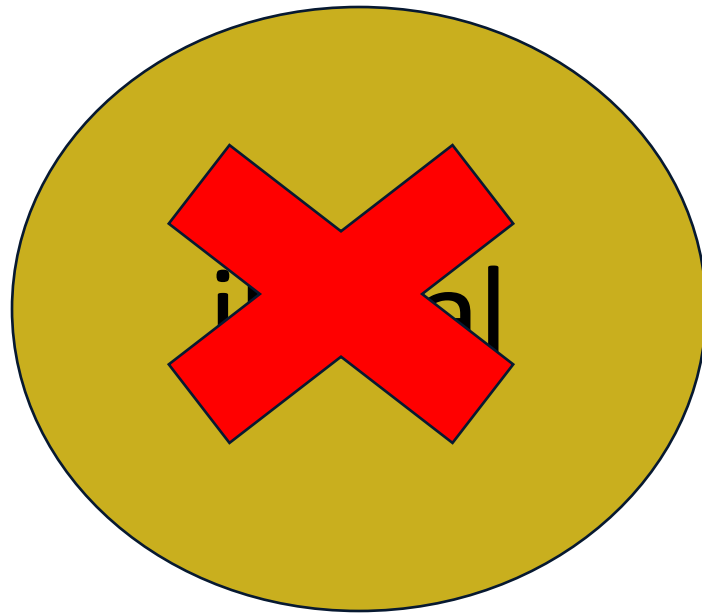
DACA

Pathway to Legal Permanent Status is Limited



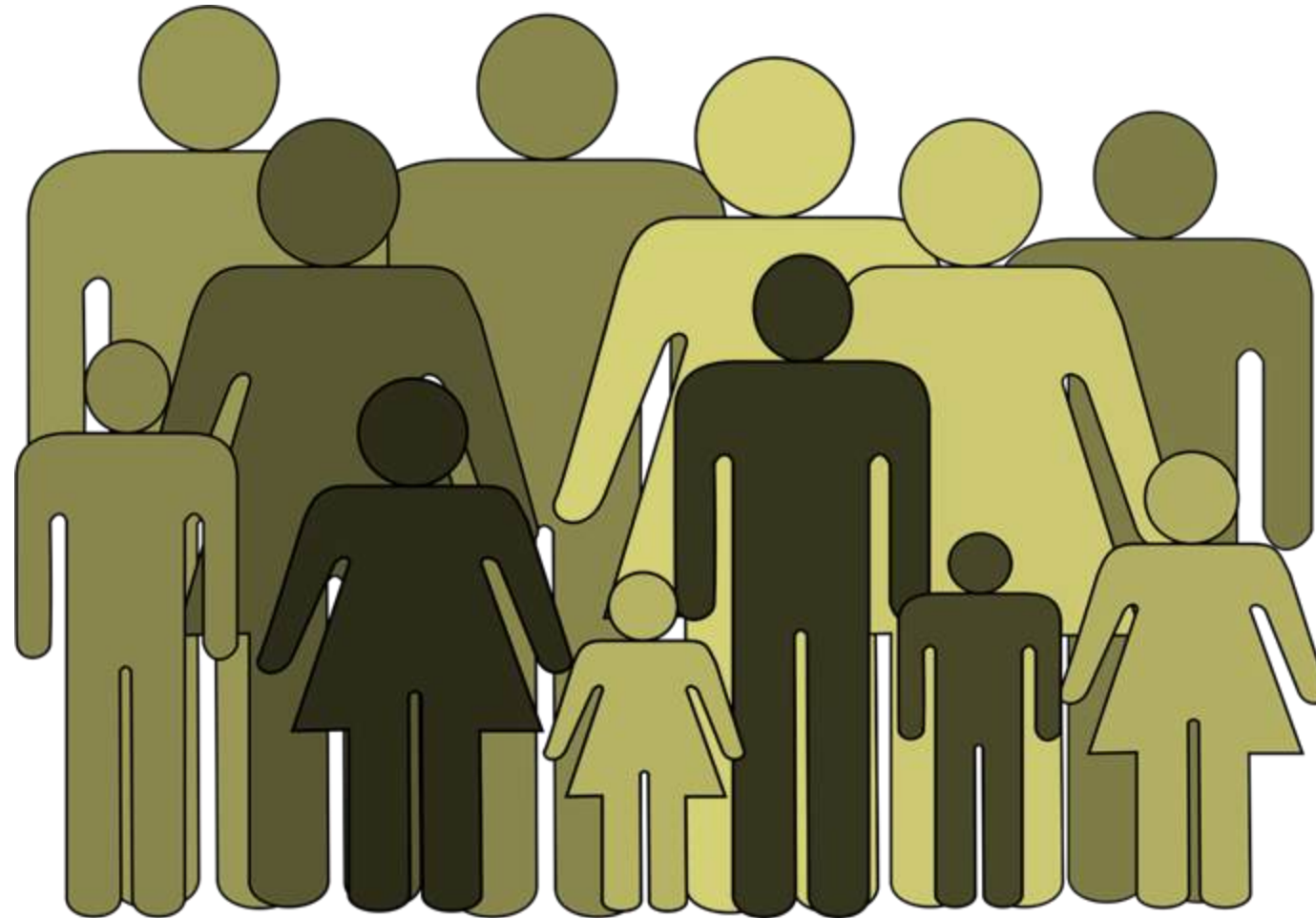
NOT pathways to LPR:
Non-immigrant visas, DACA, and TPS

- Those residing in a country without *“legal documentation or status”*.



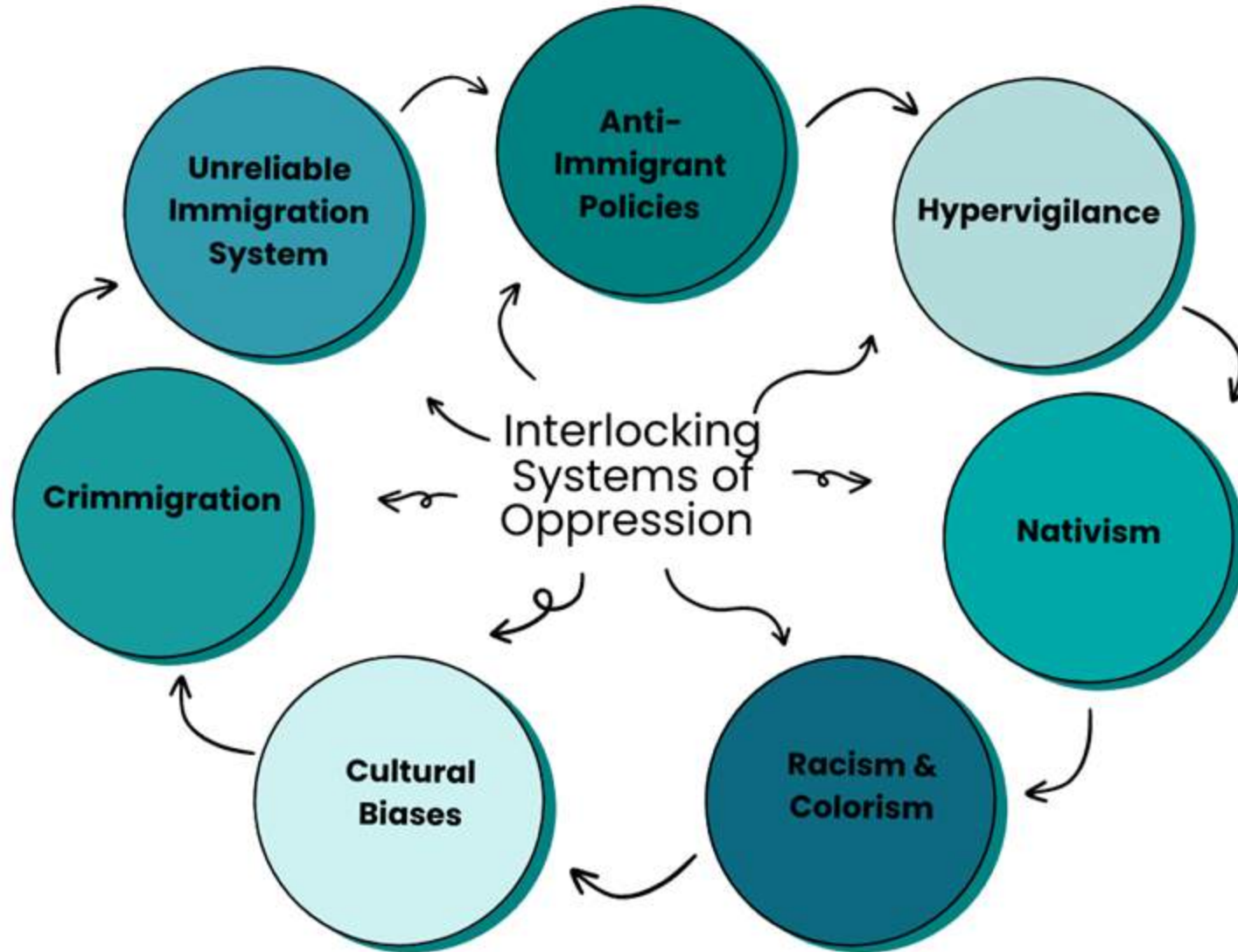
Undocumented
People

Mixed Status Families



Interlocking Systems of Oppression

Interlocking Systems of Oppression



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What are your concerns regarding immigration policy and its impact on the very young children and the families you serve?

① Start presenting to display the poll results on this slide.

Overview of Immigration as a Psychosocial Event

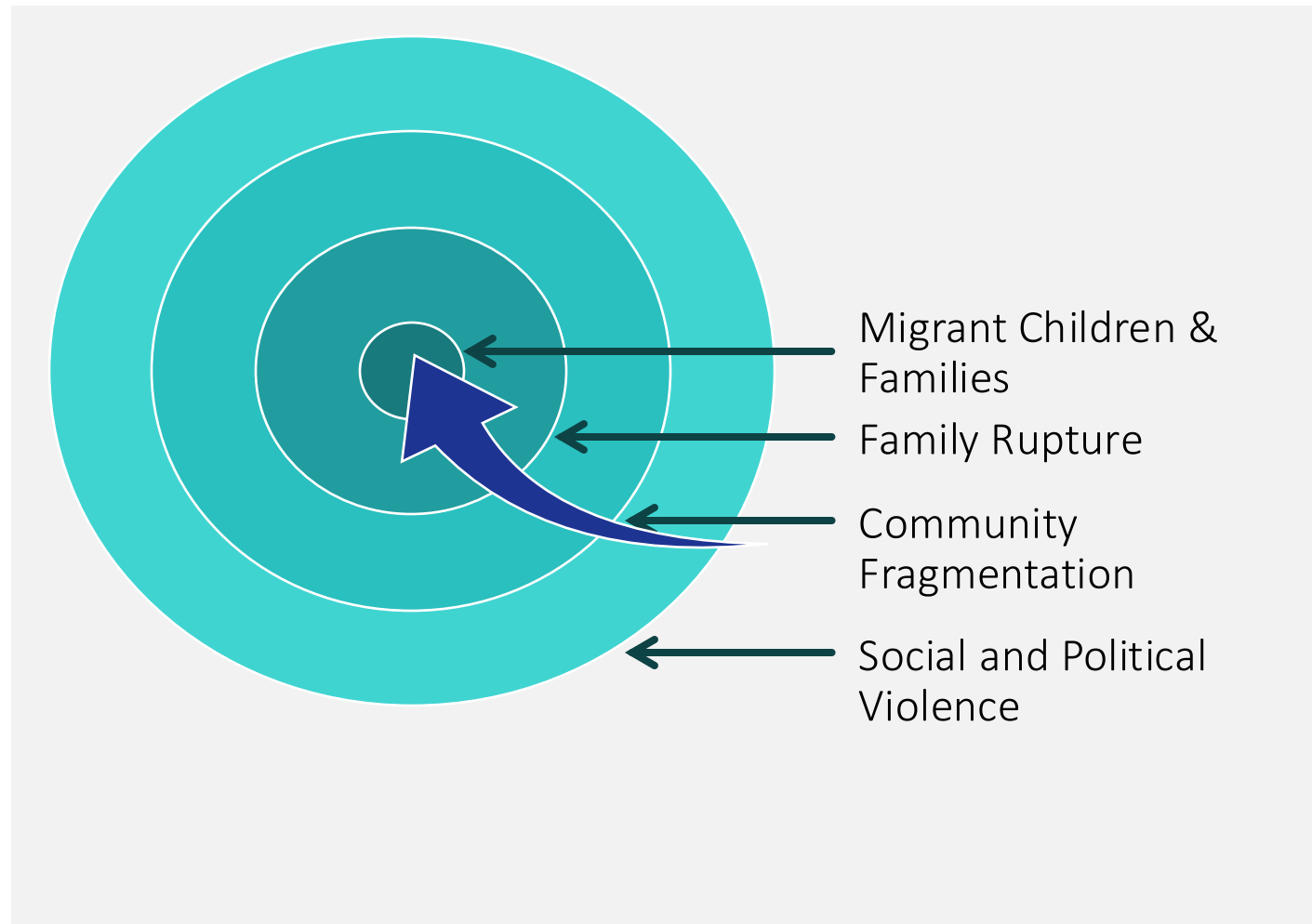
Luz: “Mami,
no quiero
que la migra
te lleve”

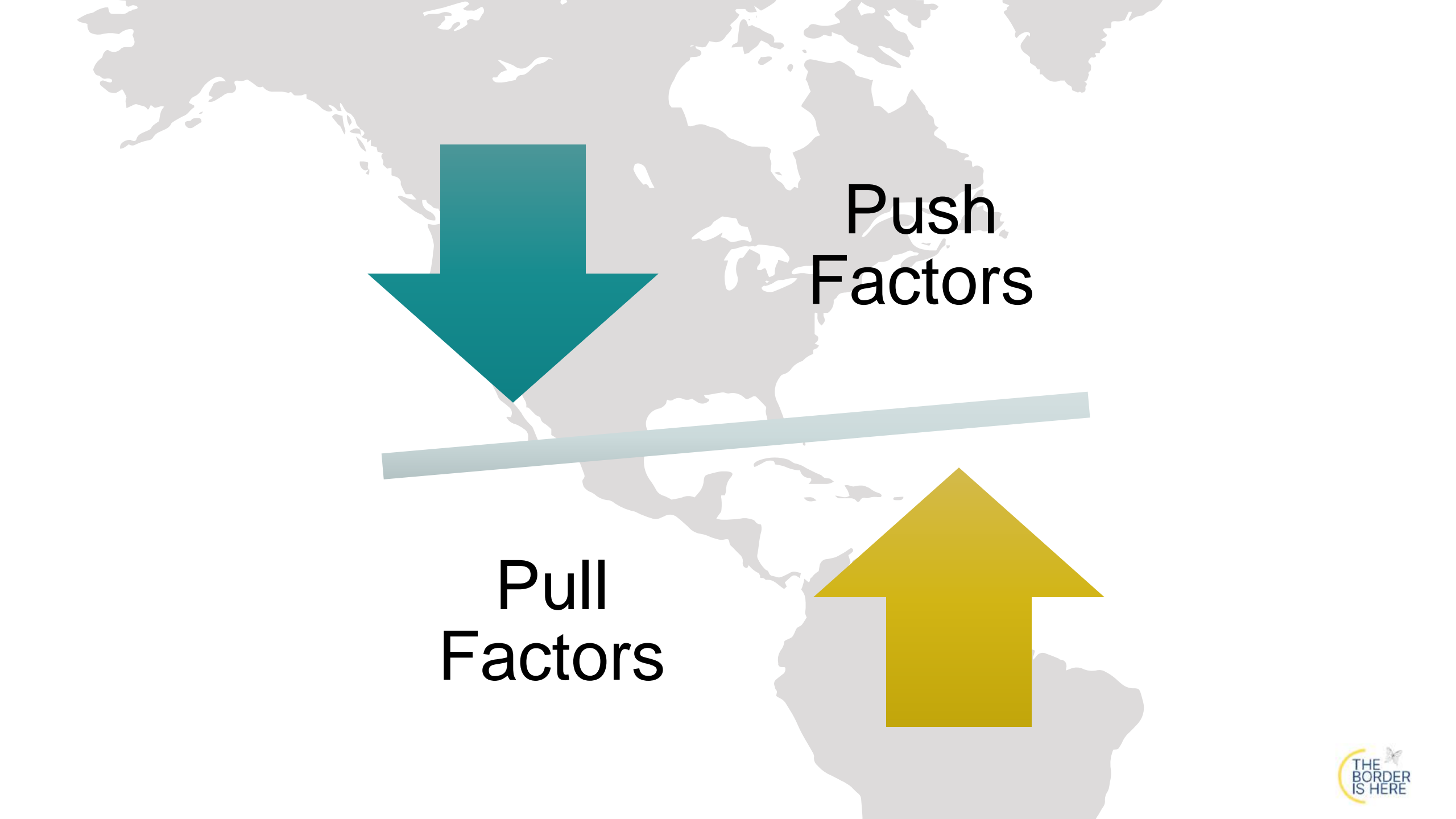


Why Do They Migrate?



The Socio-Political and Historical Context: The Northern Triangle



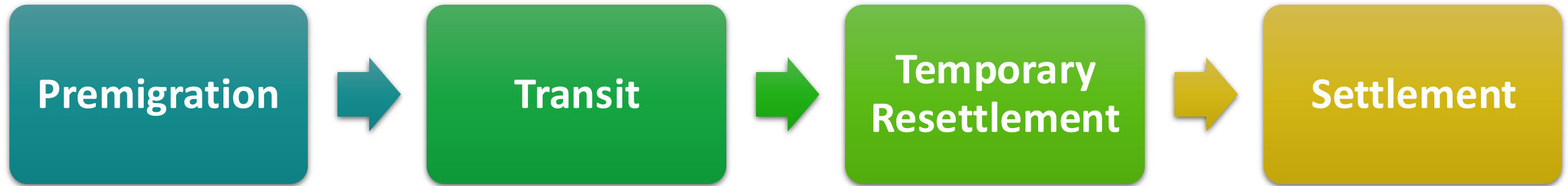
A stylized map of North and South America in light gray. A large teal arrow points downwards from the northern part of the continent. A large yellow arrow points upwards from the southern part of the continent. A thick, light blue diagonal bar runs across the middle of the map. The text 'Push Factors' is located in the upper right, and 'Pull Factors' is in the lower left.

Push
Factors

Pull
Factors

Intersection of Immigration and Traumatic Stress

Immigration Trauma





Immigration
Enforcement
Policy:

The Border Is
Here!

Children Living in Mixed Status Families Face Unique Threats

Immigration
Issues

Financial
Stressors

Isolation &
Uncertainty

Service Access
Barriers

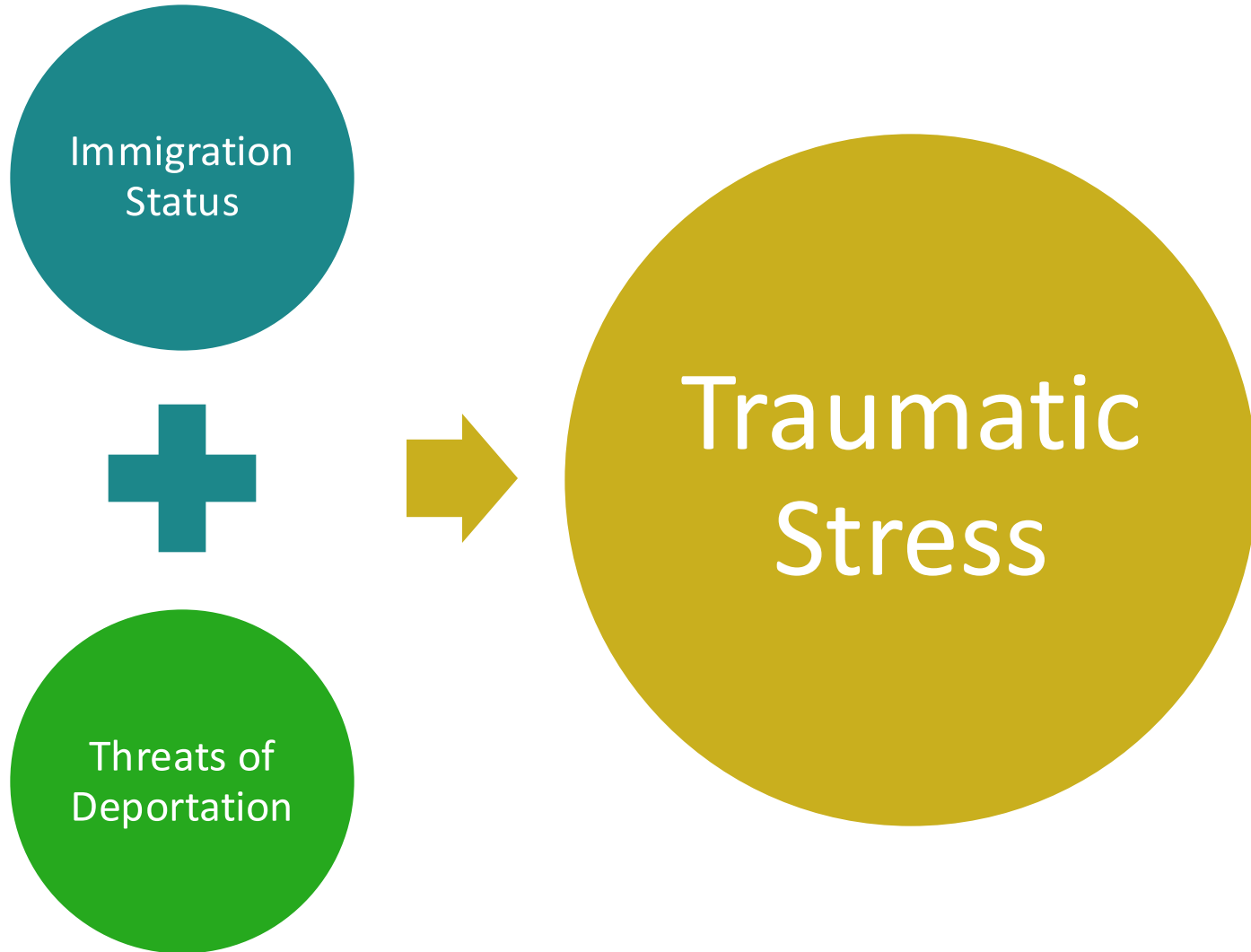
Discrimination

Hate Speech
& Violence

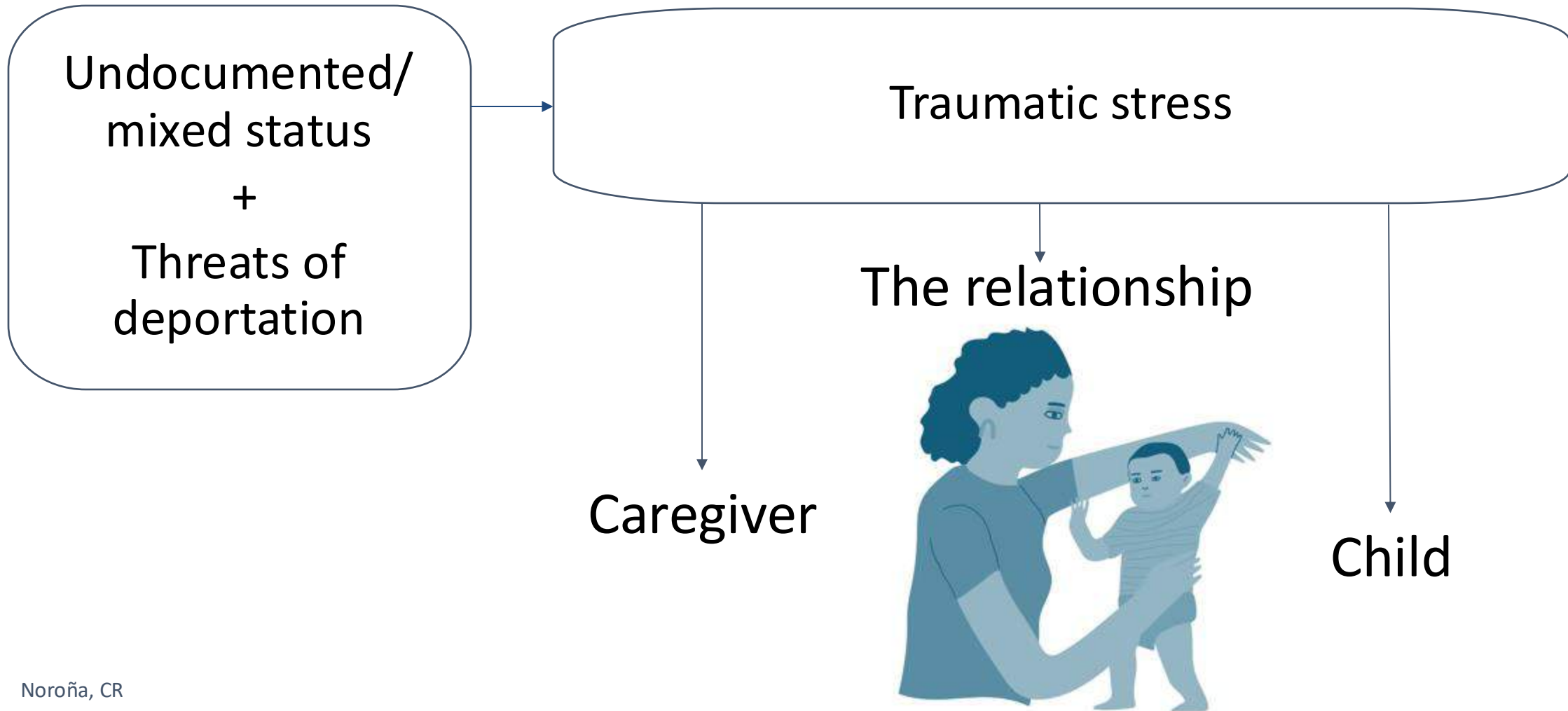
Gang
Exposure

CPS
Involvement

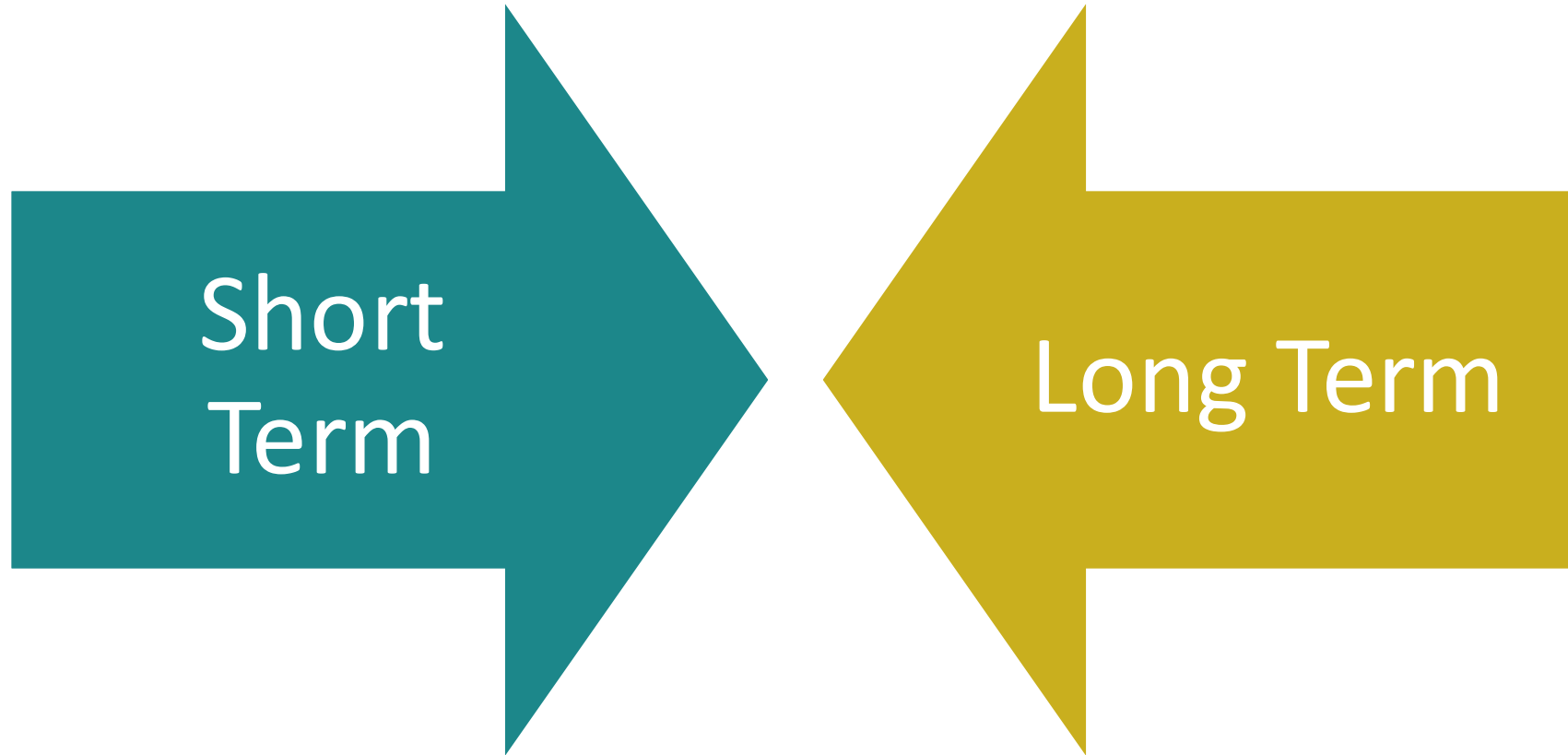
Immigration Status and Traumatic Stress



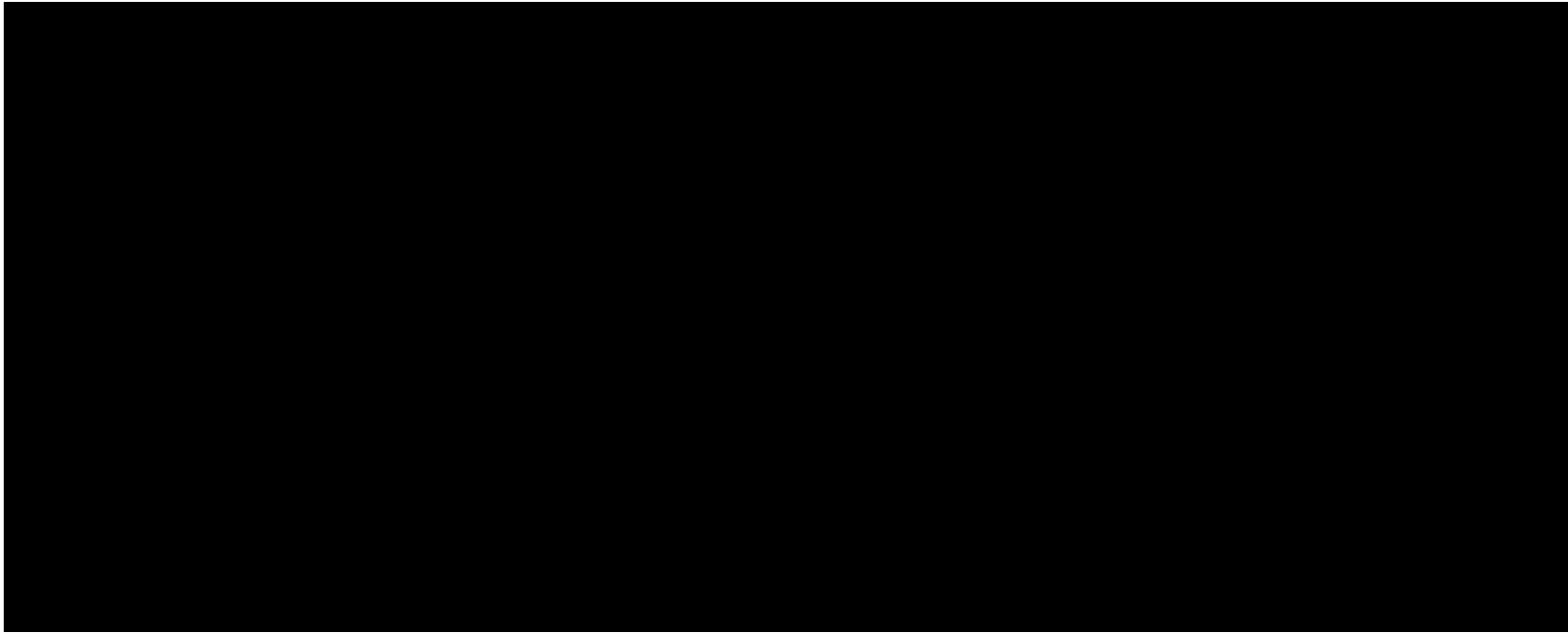
Ripple Effects of the Fear of Detention and Deportation



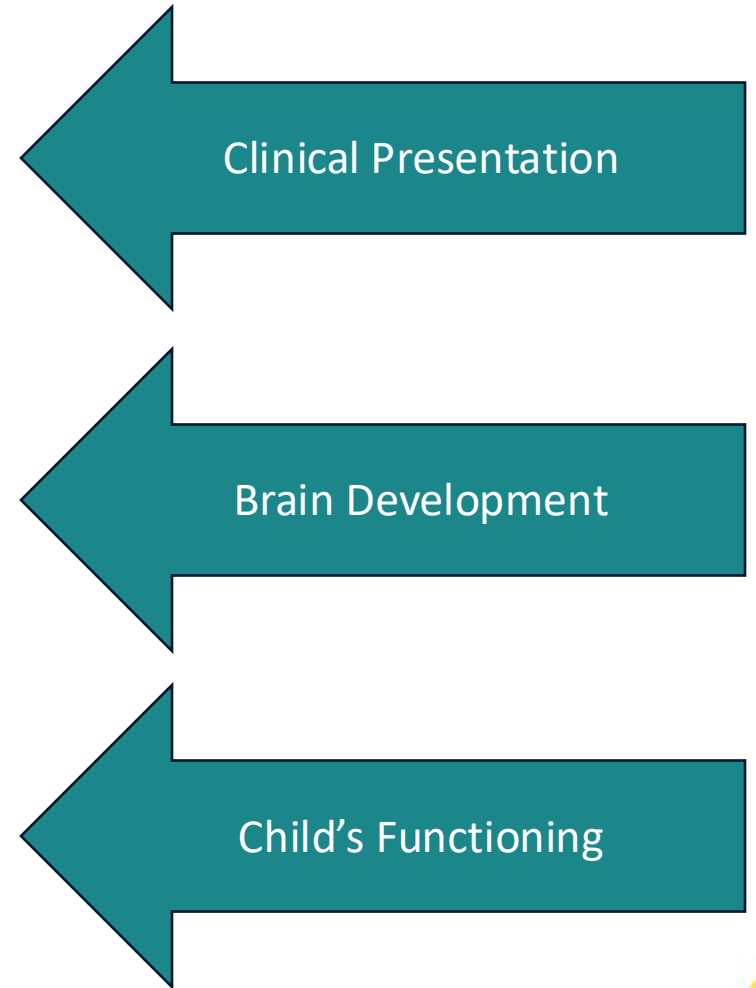
Effects of Parental Loss



The Impact of Separation: Alicia Lieberman



Traumatic Separation and Loss



Ambiguous Loss



Separation of Families: Implications



<https://www.youtube.com/watch?v=vsBaFHnMu8k>

Reflective Questions

- How did you feel watching this video?
- What are your thoughts about what is happening to this family, considering the information shared today about immigration enforcement and the historical and socio-political context?
- What are your impressions about what is happening to the child and the parents based on what we discussed today regarding the developmental implications of separations in children and families?
- If this family were to come to your program/center how you might support them?

Implications of Ambiguous Loss: Reunification




Noroña

Gindling & Poggio, 2012


Socio-Culturally and Diversity-Informed Tools and Interventions to Increase Empowerment, Hope and Healing

A Diversity, Developmentally, and Trauma Informed Approach

 Historical and socio-cultural and political critical lens/awareness

 Multipronged and multilayered, multidisciplinary approach

 Focus on creating sanctuaries, empowerment and hope

 Attachment and development are a dynamic process that happen in the context of relationships and socio-culture values and differences

 Caring for the caregiver: Increasing protections, supporting and uplifting the voices of the workforce



Family Preparedness Plan



1

Family Preparedness Plan

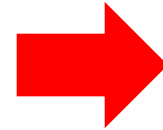
A **resource** for parents and caregivers for addressing concerns of family separation

Stress reduction

Not a clinical/mental health/educational assessment or evaluation tool

One plan for each child

BMC Family Preparedness Plan



This Family Preparedness Plan was developed by:
Ivys Fernández-Pastrana, JD
Center for Family Navigation and Community Health Promotion
Carmen Rosa Noroña, LCSW, MS. Ed., CEIS
Child Witness to Violence Project
Division of Developmental & Behavioral Pediatrics
Kara Hurvitz, JD, MSW
Medical Legal Partnership-Boston

Overview of the Family Preparedness Plan (FPP)

Ensures continuity of care!

Who will care for child in case of parental/caregiver absence

Plan for reunification

Resource for potential caregiver about child's school, medical care, routines, safety, etc.

Scripts and guidance for speaking with children about a potential separation

Considerations when selecting a potential caregiver

Information on **self care**

Considerations When Completing the FPP

- The process of completing the FPP can be very overwhelming and anxiety-provoking—best practice is to offer families the option of completing the FPP with support from a member of the multidisciplinary team or with a community partner
- The Family Preparedness Plan Facilitator’s Guide provides valuable information on how to assist families in completing the FPP

Supporting Patients and Families

- Remove stigma by providing guidance on normal reactions to immigration related stress in parents, children, and caregivers

Example:

“It is normal to feel anxious and stressed about the possibility of being separated from your child. Please think of us as a resource. We are here to help if you need it.”

Supporting Patients and Families

- Offer resources—both for immediate needs and for mental health/psychological support
- Refer to reliable legal resources
- Provide reassurance and support
- Be aware of the limits of your expertise
- Make resources available so that families can take them privately without having to ask or be asked

Resources

The Border is Here Resources

<https://bit.ly/the-border-is-here-resources>

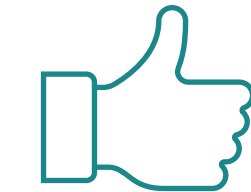


Head, Heart, Body Activity



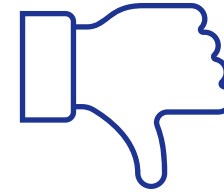
Head:
Something
you learned

Heart:
Any emotions that
came up for you
around the topics



Thumbs up:
What you liked

Thumbs down:
what didn't work
for you



Foot: Something you
will take away and
use (an idea, a
strategy, a theory)

Many Thanks to...

- The Border is Here Initiative
- The Irving Harris Foundation Serving Immigrant Families Project
- The Serving Immigrant Families Project
- Elizabeth Raskin, MPH (c)
- Marta Casas, LMHC

for their significant contributions to this presentation



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