



# WELCOME

You are attending the webinar on

## Adapting QPR Training to Incorporate Refugee Experiences

*presentation will begin shortly*

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# Webinar Overview

- Presentation by Dr. Samantha Stewart (35 minutes)
- Live Q&A via phone (25 minutes)
- Slides and additional resources will be posted to [www.refugeehealthta.org](http://www.refugeehealthta.org)
- Evaluation form



# Objectives of the Webinar

- Explain how a person becomes a refugee
- Describe the refugee migration process
- Understand the effects of migration and resettlement on refugee health and mental health
- Identify challenges to and facilitators of integration after resettlement
- Review key features of the adapted QPR training and available tools



# Who's on the webinar?

- Poll Question
- Are you a QPR Trainer?
  - Yes
  - No





# Introduction to Refugee Experiences



# Who is a refugee?

What comes to mind when you think of a refugee?



# Diverse Backgrounds

Refugees are of

- Various ages
- Cultures
- Walks of life

Refugees are from all over the world



UNHCR / P. Baijya

**REFUGEEHEALTH** TECHNICAL ASSISTANCE CENTER





# Common Experience

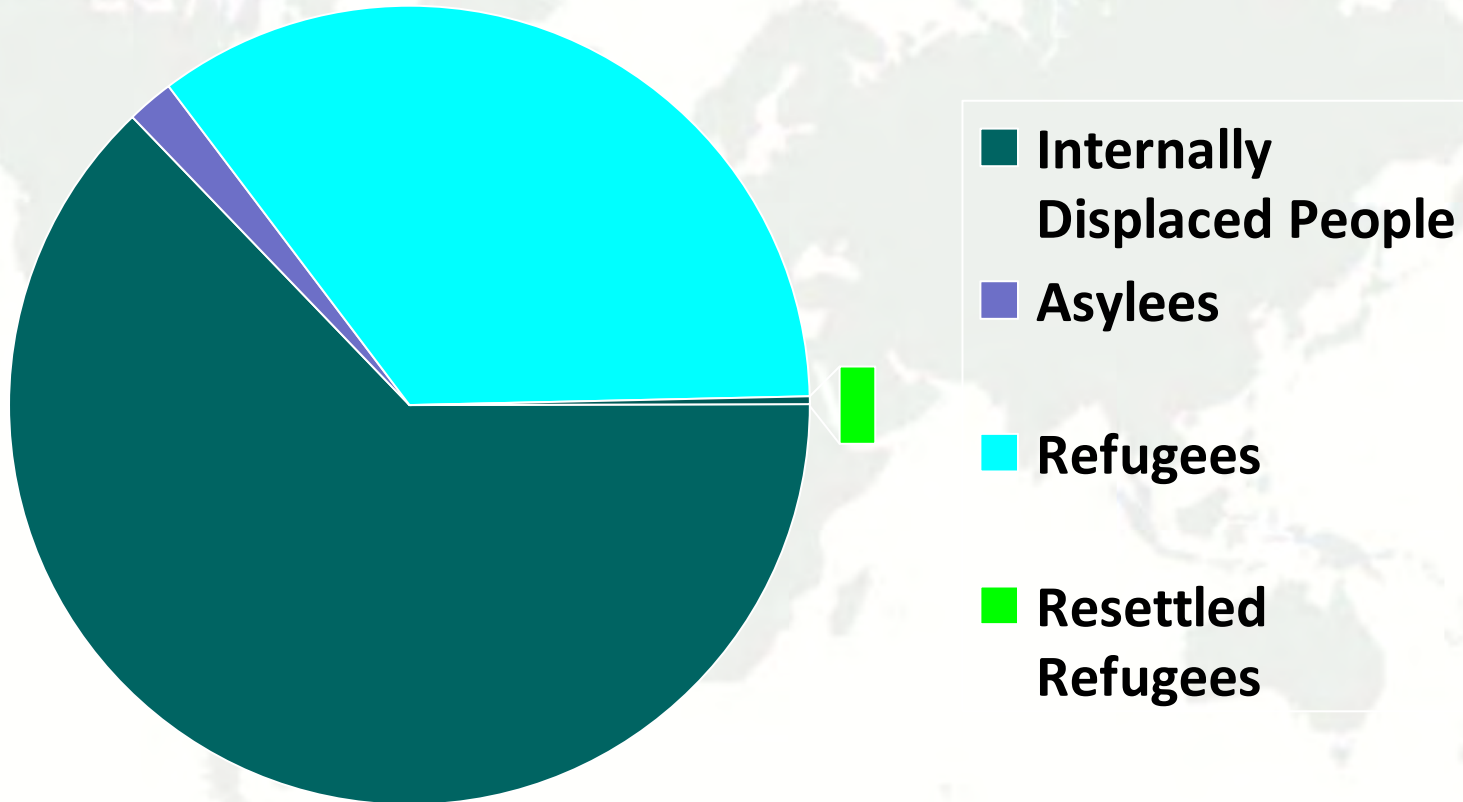
Refugees are persons who are **outside their country of nationality** and who are **unable or unwilling to return** to that country due to **persecution** or a well-founded **fear of persecution** based on:

Race, Religion, Nationality, Political opinion,  
and/or Membership in a social group

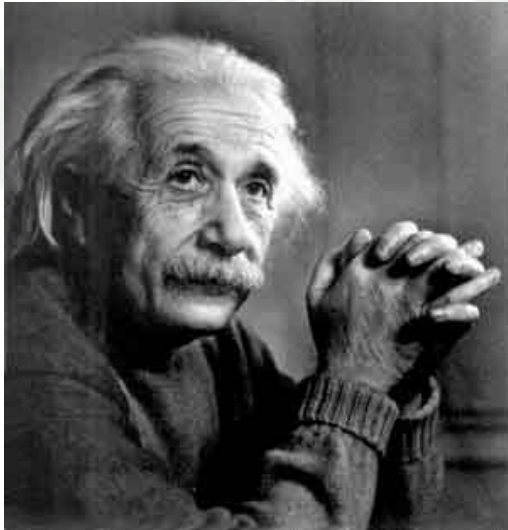


# Displaced Populations

Total of 45 million displaced people



Which of the following famous people are refugees?



**A) Albert Einstein,  
Scientist**



**B) Alek Wek  
Model**



**C) Gloria Estefan  
Singer**

**- or- D) All of the above**



# Poll Question

- Which of the following famous people are refugees?
  - A) Albert Einstein, Scientist
  - B) Alek Wek, Fashion Model
  - C) Gloria Estefan, Singer
  - D) All of the above

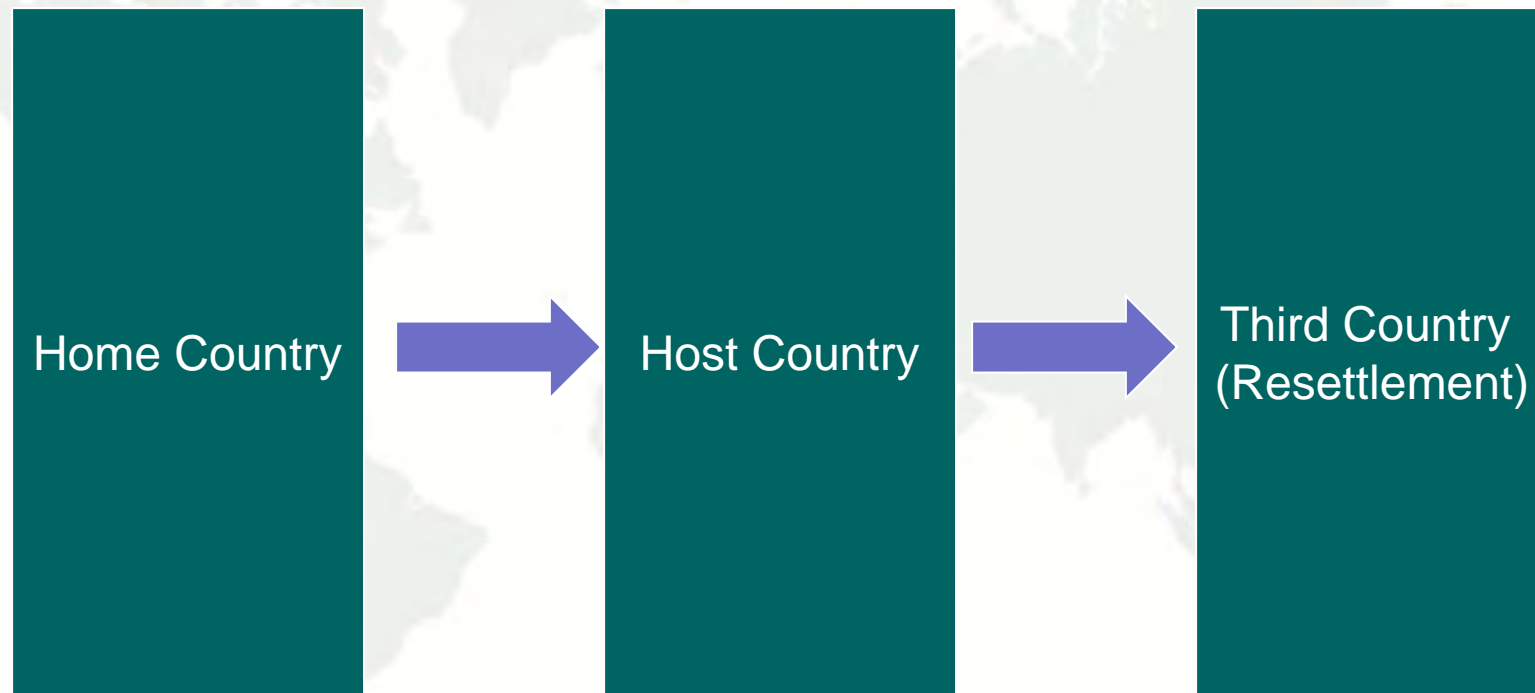


# Answer

D) All of the above!

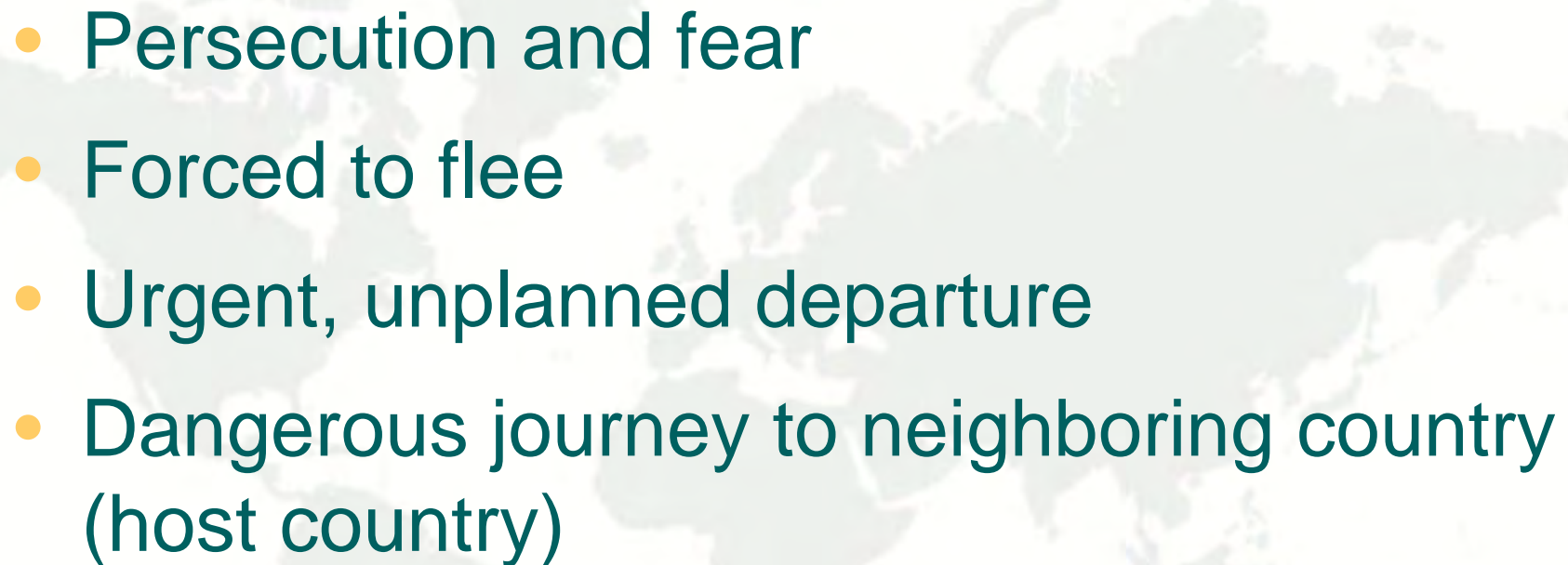
- Albert Einstein (Germany)
- Alek Wek (Sudan)
- Gloria Estefan (Cuba)

# Refugee Migration Process





# Flight from Home Country

- 
- Persecution and fear
  - Forced to flee
  - Urgent, unplanned departure
  - Dangerous journey to neighboring country (host country)



# Host Country

- Refugee Camps
- Non-Camp or Urban Settings



# Refugee Camps



# Refugee Camps



UNHCR / A. Desgroselliers

# Refugee Camps



UNHCR/S. Modola

# Non-Camp or Urban Settings



UNHCR / S. Malkawi

# Non-Camp or Urban Settings



UNHCR / T. Hartwell

# Non-Camp or Urban Settings



UNHCR/M. Liboiron



# Impact of Refugee Migration on Health

Physical and Mental Health



# Home Country Pre-Flight Stressors

- 
- Exposure to diseases
  - Malnutrition
  - Limited health care
  - Separation from family
  - Loss of rights, property, livelihood, social support
  - Violence
  - Chronic fear





# Flight and Host Country Stressors

- Malnutrition
- Exposure to diseases
- Exposure to the elements
- Separation from family
- Continued trauma, violence, fear
- Loss of status
- Discrimination
- Long waits
- Anxiety over the future



# Resettlement Stressors

- 
- Separation from family
  - Adjustment to new culture and language
  - Low social and economic status
  - Loss of identity
  - Isolation
  - Family conflicts
  - Higher risk of chronic diseases
  - Ongoing responses to trauma
  - Lack of access to or low utilization of health and mental health services



# Adjustment to Life in the US

# Resettlement



# Resettlement



# Resettlement



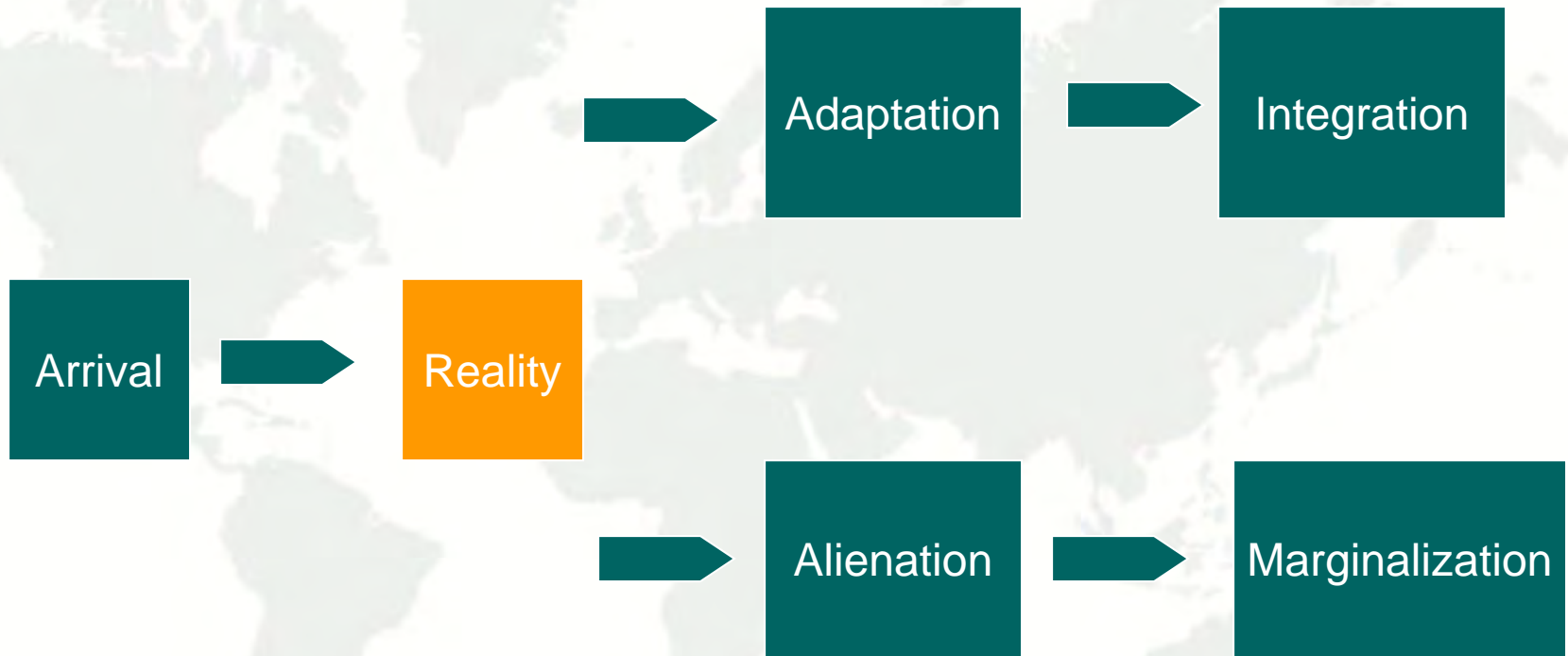


# Resettlement





# Phases of Refugee Adjustment







# Integration

- Good psychological and social adjustment
- Self sufficiency
- Self confidence
- Sense of power and control
- Language competence
- Good social support system
- Well-functioning family/children



# Sources of Support

- Resettlement agencies
- Refugee communities
- Indigenous/ traditional healers
- Religious organizations
- Family and friends

# Sources of Support

- Health and social services



# Sources of Support

- Education and Vocational Training



# Sources of Support

- Community-based organizations





# QPR Gatekeeper Training

Adaptations for Refugee  
Populations

**REFUGEEHEALTH** TECHNICAL ASSISTANCE CENTER

**QPR**  
For Suicide  
Prevention™



# Adaptations for Refugee Populations

There are three areas that have been adapted to be more relevant to refugees. These are:

- Discussion of how suicide is viewed in refugee communities
- History of violence and trauma and resettlement challenges as additional suicide risk factors
- Teaching QPR steps



# Adaptation

## Suicide from a Refugee's Perspective





# What is Suicide?

How is suicide viewed by refugees in your community?



# Adaptation

History of violence and trauma as an additional suicide risk factor



# Adaptation

Resettlement challenges as an  
additional suicide risk factor



# Resettlement

## Discussion

What are the problems/challenges refugees face as they resettle in the U.S.?



# Resettlement Challenges

## Community

- Breakdown of community and loss of traditional supports
- Feelings of isolation
- New culture
- New language
- Unrealistic expectations
- Decline in status
- Being labeled a “refugee”

## Family

- Financial problems
- Separation from family
- Family conflicts:
  - **Reversal of family roles/ family dynamics**
  - **Young family members often feel as if they have too much responsibility for welfare of family**
  - **Shame of not being able to fulfill these responsibilities**



# Refugee Label

## Discussion

Being labeled a “refugee” may make some refugees feel

- “Low,” “unrespected” and “inferior”
- Stigmatized, treated differently



# Adaptation

Teaching QPR



# QPR: Question

Asking the “Suicide” Question with Refugees





# QPR: Persuade

## *How to Persuade Someone to Stay Alive*

- Listen to the problem and give them your full attention.
- Remember, suicide is not the problem, only the solution to a problem that a person thinks cannot be solved.
- Do not rush to judgment.
- Offer hope in any form.



# QPR: Persuade





# QPR: Refer

## Discussion

- What resources are there in your community that you can refer at-risk individuals to for help?



# QPR: How to Refer

- Get a commitment from the person to accept help.
- Make the arrangements to get that help.
  - If possible, take the person directly to someone who can help
  - or have the at-risk person identify a trusted friend or family member to accompany them through the referral process

Why is this important when working with an at-risk refugee?

- Follow up to let the person know you care about what happens to them. Caring may save a life.



# Role of QPR Trainers

You too can support refugees!

Learn about the refugees in your  
community!



# References: Refugee Experiences

- Massachusetts Department of Public Health, Strategies and tools for improving infectious disease follow-up in new populations (2010)
- Project SOAR, International Rescue Committee, Refugee 101 (2011) <http://learning.theirc.org/home/refugee/player.html>
- BRYCS, Refugee Health and Wellness (2005) <http://www.brycs.org/aboutRefugees/index.cfm>
- Children's Hospital Center for Refugee Trauma and Resilience, Toolkit (2010) <http://www.chcctr.org/toolkit/>
- David Hunt, Dynamics of Refugee Adjustment (1997)
- Heidi Ellis, Suicide Among Resettled Refugees (2011) <http://www.refugeehealthta.org/webinars/suicide-among-resettled-refugees/>



# Learn more about refugees!

- Office of Refugee Resettlement, US Dept. of Health and Human Services  
[www.acf.hhs.gov/programs/orr/](http://www.acf.hhs.gov/programs/orr/)
- Refugee Health Technical Assistance Center [www.refugeehealthta.org/](http://www.refugeehealthta.org/)
  - Webinar “Addressing the Mental Health Needs of Refugees in Primary Care Settings”
- Bellevue/NYU Program for Survivors of Torture [survivorsoftorture.org/](http://survivorsoftorture.org/)



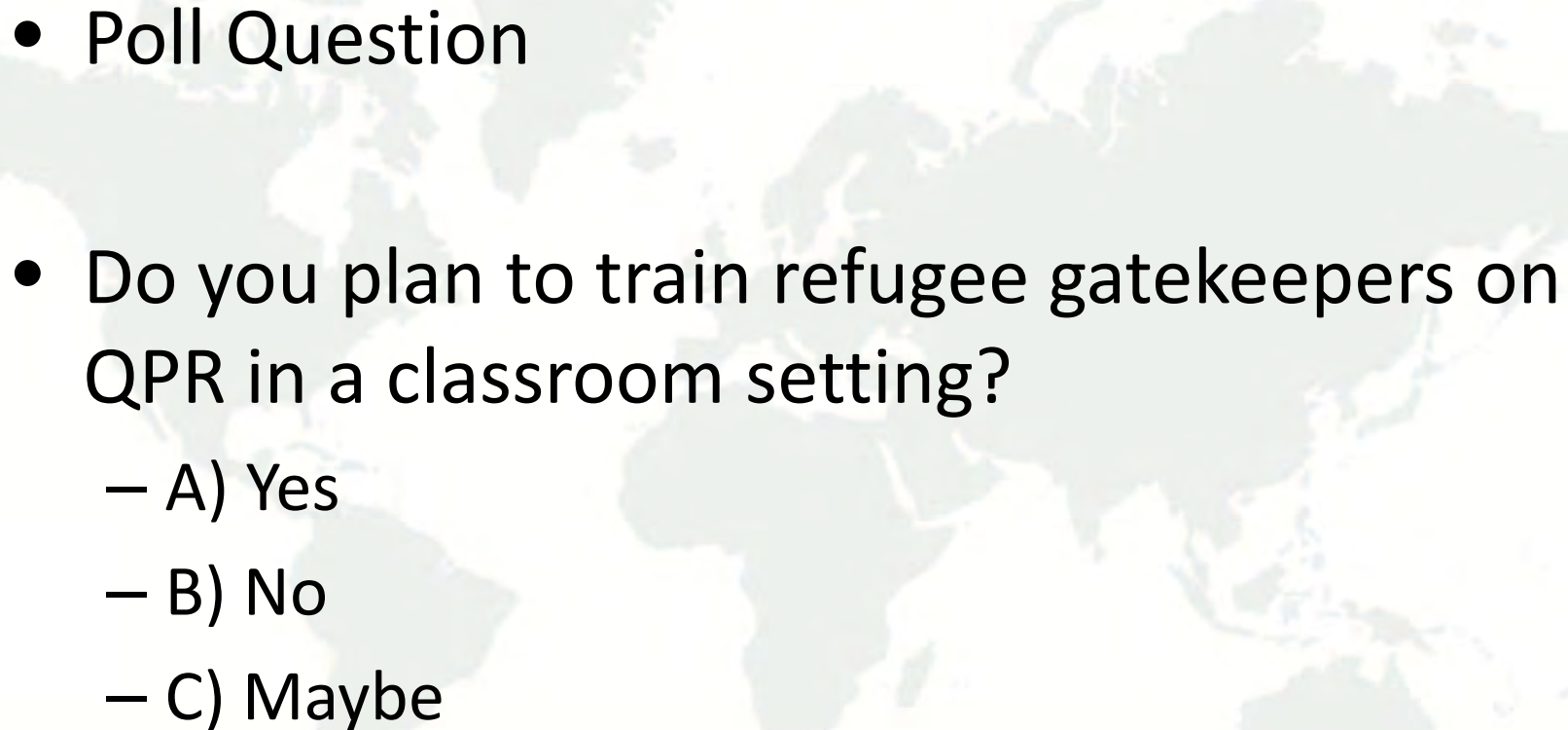
# Learn more about refugees!

- Center for Applied Linguistics
  - Backgrounders [www.cal.org/topics/ri/backgrounders.html#1](http://www.cal.org/topics/ri/backgrounders.html#1)
  - Videos [www.cal.org/co/videos/index.html](http://www.cal.org/co/videos/index.html)
- UNHCR [www.unhcr.org](http://www.unhcr.org)
- Resettlement Agency Affiliate Maps  
Refugee Processing Center, US Dept. of State  
[www.wrapsnet.org/Contacts/RPAgencyContacts/tabid/100/language/en-US/Default.aspx](http://www.wrapsnet.org/Contacts/RPAgencyContacts/tabid/100/language/en-US/Default.aspx)
- Harvard Program in Refugee Trauma  
[hprt-cambridge.org/](http://hprt-cambridge.org/)
- Bhutanese Refugee Support Group & PhotoVoice  
[www.bhutanese-refugees.com/](http://www.bhutanese-refugees.com/)





# QPR Classroom Trainings

- 
- Poll Question
  - Do you plan to train refugee gatekeepers on QPR in a classroom setting?
    - A) Yes
    - B) No
    - C) Maybe



# Interested in training refugee gatekeepers?

- Contact the Refugee Health Technical Assistance Center (RHTAC)

Email: [refugeehealthta@jsi.com](mailto:refugeehealthta@jsi.com)

- All webinar participants will receive a follow-up email from RHTAC