

Serving Refugee and Immigrant Survivors of Torture and Trauma

Program Description

Research indicates that immigrants and refugees experience disproportionately high rates of anxiety, depression, substance abuse, and other stress-related disorders. Immigrants and refugees also face a multitude of barriers to therapeutic services, including lack of culturally appropriate treatment and limited access to interpretation services.

In this workshop, Josh Hinson will focus on the immigrant and refugee experience in North Carolina and explore professional healthcare providers' ethical obligation to participate in their care. He will draw from the NASW Code of Ethics, which includes language on providing quality services for all, honoring diversity, embracing multicultural approaches, and obtaining education to understand oppression with respect to ethnicity and immigration status. He will also provide information and resources on best practices for working with refugees in North Carolina

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Explain how immigrants' and refugees' various legal statuses affect their access to healthcare services;
2. Describe the Triple Trauma Paradigm and the impact of trauma on the health outcomes of immigrants and refugees;
3. Examine their organization's readiness and capacity to provide culturally sensitive services to immigrants and refugees;
4. Demonstrate knowledge of evidence-based, trauma-informed mental health screening instruments for immigrants and refugees;
5. Discuss ethical implications of organizational, local, state, and federal policies that limit immigrants' and refugees' access to healthcare services.

Target Audience

This workshop will be beneficial to mental health and substance abuse professionals, including psychologists, social workers, marriage and family therapists, licensed professional counselors and substance abuse counselors, as well as nurses and medical professions.

Contact Hours

Up to 6.0 contact hours

Program Agenda

9:00am	Module A: Who are immigrants and refugees? The NC context
10:30am	Break
10:45am	Module B: Trauma in the immigrant and refugee experience
12:00pm	Lunch
1:00pm	Module C: Using evidence-based screening instruments with immigrant and refugee populations
2:45pm	Break

3:00pm Module D: Adapting evidence-based treatment modalities in practice with
immigrants and refugees
4:00pm Reflections from the Field; Q&A
4:30pm Adjourn

Faculty

Josh Hinson, MSW, LCSW is a Clinical Assistant Professor at the UNC School of Social Work, where he serves as Program Director for the UNC Refugee Mental Health and Wellness Initiative. Josh began working with Cuban refugees in 1995 as a volunteer with Lutheran Family Services in Greensboro, NC. Since then he has worked with indigenous community development organizations in Mexico; with Latino farmworkers in eastern NC; as a social worker at a rural county department of social services; and as a mental health and substance abuse counselor with Spanish-speakers. Josh has served as the Principal Investigator for the UNC Global Transmigration – Refugee Mental Health and Wellness Initiative, a research project designed to assess the need for, feasibility, and acceptability of mental health services for refugees in North Carolina. The project began contracting with the North Carolina State Refugee Office in 2015 to provide mental health services to refugees in three counties.