

# Refugee Mental Health

Second Refugee Forum

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UC Davis Law and Medical Schools

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# Migration

Refugees

Push Factors

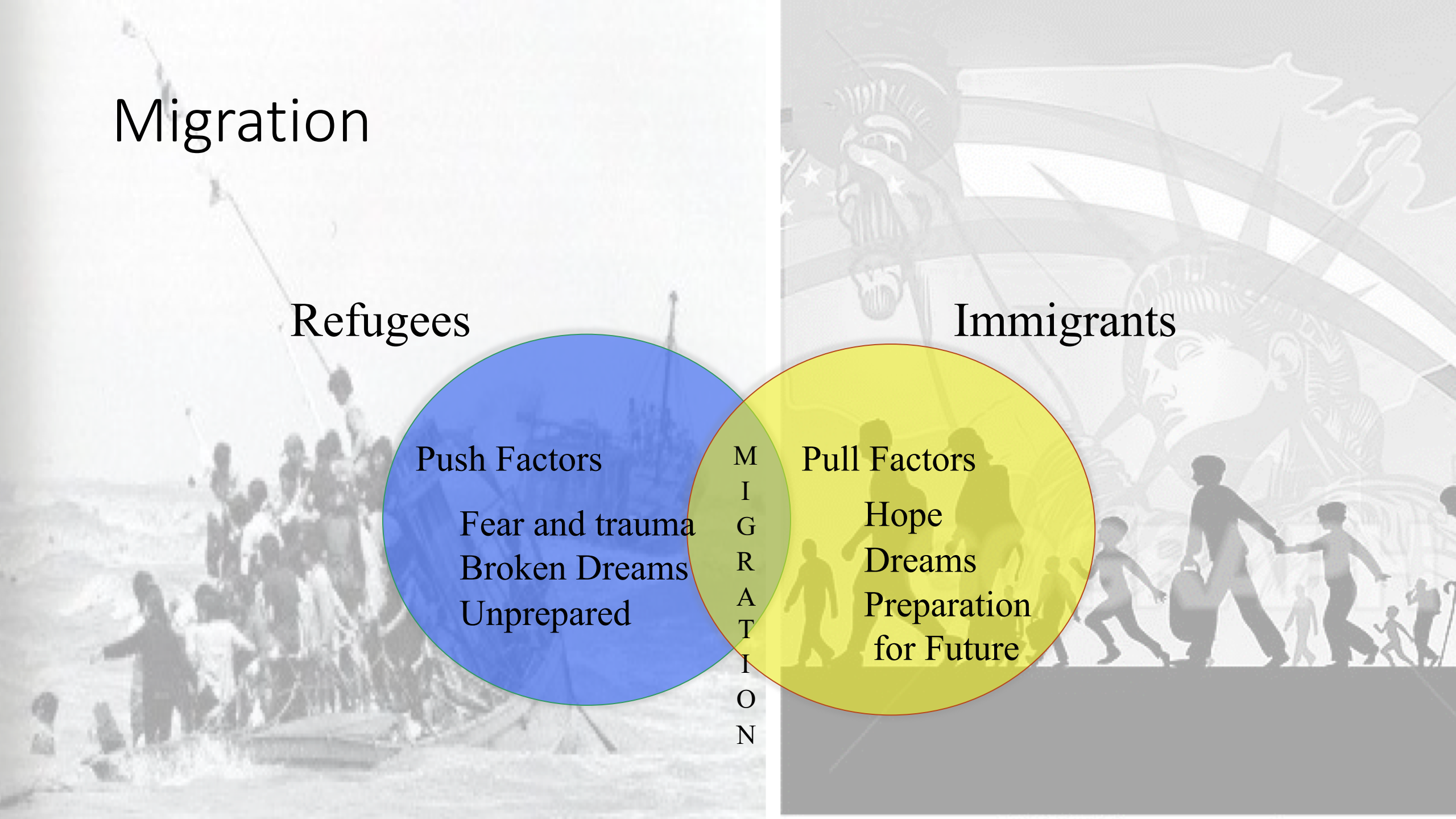
Fear and trauma  
Broken Dreams  
Unprepared

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Immigrants

Pull Factors

Hope  
Dreams  
Preparation  
for Future



# Premigration Stress

- Psychological and Physical Trauma
- Loss
- Survivor's Guilt



# Intra-migration Stress

- Trauma and Loss
- Confinement and Uncertainty
- Poverty and crowding





# Resettlement Stressors

- Language
- Discrimination
- Family Disruption
- Loss of Role and Identity
- Poverty and access barriers to services

**REFUGEE:** A person forced to flee their home country to escape persecution, war or violence.

**RESETTLEMENT:** The careful selection by governments – for purposes of lawful and secure admission – of the most vulnerable refugees who can neither return to their home country nor live in safety in their current host country.

## TOP HOST COUNTRIES

Turkey | 2.9M  
Pakistan | 1.4M  
Lebanon | 1M  
Iran | 979K  
Uganda | 941K

86% of the world's refugees are hosted in developing countries

There are **22.5 million** refugees worldwide

## WHY IS RESETTLEMENT IMPORTANT?

Resettlement is a life-saving solution for the most vulnerable refugees in the world, and is also an important way to share responsibility and show solidarity with developing countries that host the majority of the world's refugees.

## HOW DOES REFUGEE RESETTLEMENT WORK?

- UNHCR identifies vulnerable cases to be referred to resettlement countries. **Refugees do not apply for resettlement themselves.**
- UNHCR refers only the most vulnerable cases – refugees whose lives are in danger in their current host country – to be considered for resettlement. **Refugees do not pick their country of resettlement.**
- Persons found to have committed serious crimes or who might pose a threat to others **would not be referred** for resettlement to another country.

## VULNERABILITY CATEGORIES

All refugees referred for resettlement must fit at least one vulnerability category, some of which include:



Less than 1% of the world's refugees are resettled

## GLOBAL RESETTLEMENT BY THE NUMBERS

UNHCR estimates that 8% of the refugee population may be in need of resettlement

The number of refugees resettled worldwide **dropped by over 50%** in 2017 vs. 2016

**34** countries around the world accepted refugees for resettlement in 2017

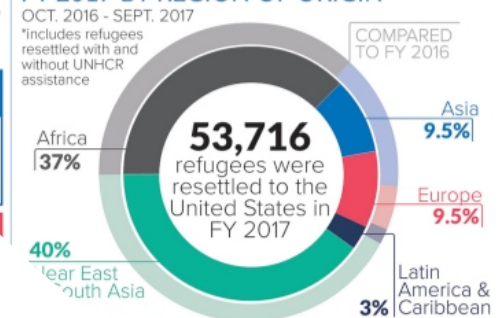
Refugees from almost 70 countries of origin were resettled globally in 2017. The top countries include: **Syria**, **Democratic Republic of the Congo** and **Myanmar**

## RESETTLEMENT TO THE UNITED STATES

### RESETTLEMENT PROCESS

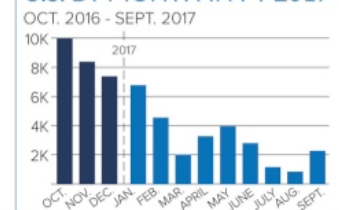
Following measures, the U.S. must decide whether to accept. **The entire process takes up to two years.**

### REFUGEES RESETTLED TO THE U.S. IN FY 2017 BY REGION OF ORIGIN\*



The U.S. has a long history of welcoming refugees and continues to be the top resettlement country in the world. Since 1975, the U.S. government has welcomed **over 3 million refugees** for resettlement from all over the world, and these refugees have built new lives and contributed to the economies of all 50 states.

### RESETTLEMENT TO THE U.S. BY MONTH IN FY 2017



### TOP U.S. STATES FOR RESETTLEMENT IN FY 2017

- 1 CALIFORNIA
  - 2 TEXAS
  - 3 NEW YORK
  - 4 WASHINGTON
  - 5 OHIO
- 49 states (and the District of Columbia) received refugees for resettlement in FY 2017

TOP COUNTRIES OF ORIGIN: 1 DEM. REP. CONGO | 2 IRAQ | 3 SYRIA

RESETTLEMENT TO THE U.S.

— FY 2017

# Mental Health

- Increased prevalence of PTSD and Depression (15-30%)
- Greatest risk in refugees with age of migration <12 or >41 years old







# Adaption and Development After Persecution and Trauma (ADAPT) model

- Safety and security
- Interpersonal bonds and networks
- Justice
- Roles and identities and
- Existential meaning and coherence.





# Domains of Post Traumatic Growth\*

- Discovery of new opportunities and possibilities that were not present before
- Closer relationships with others, especially others who suffer
- Greater appreciation for life
- Greater sense of personal strength: “If I lived through that, I can face anything”
- Spiritual growth

\* Tedeschi and Calhoun 1995

“To be called a  
refugee is the  
opposite of an  
insult; it is  
a badge of  
strength,  
courage,  
and  
victory.”

[Tennessee Office  
for Refugees]

