



MI REFUGIO

SCHOOL BASED PROGRAM

Intensive Case Management
Group Interventions
Mental Health



Parent Group



Thanksgiving 2017



Youth Activities



Seniors 2017



Scope of Mental Health Services

- Mental Health Services in the form of Individual, Group, Crisis and Family Interventions
- Tele-Psychiatric Evaluations & Medication Management
- Behavioral Health Integration services in Primary care
- Substance Use Services
- Telemental Health
- Community Awareness (Media, Workshops, Presentations in the Community)

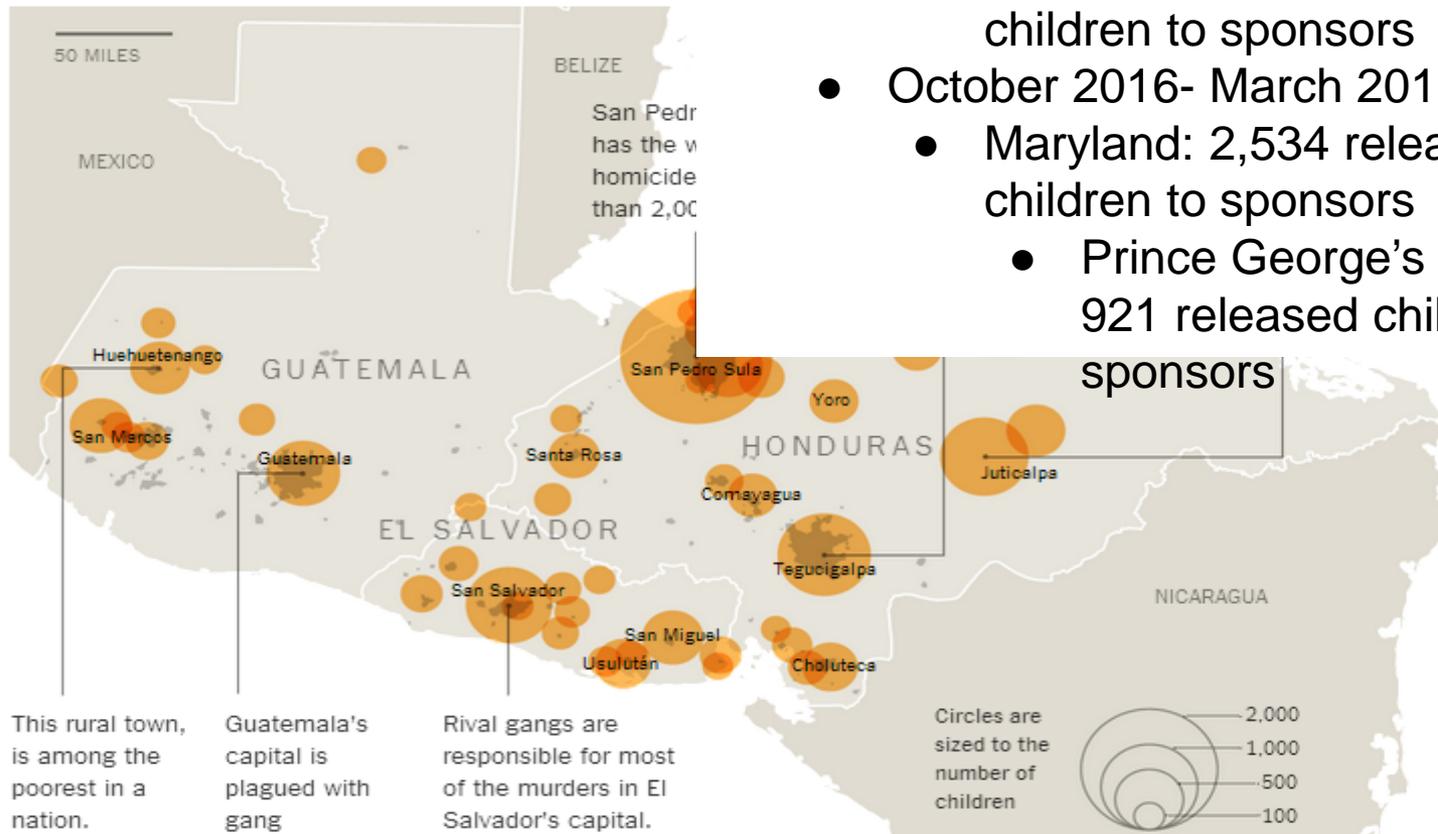


Background information

- Office of Refugee Resettlement reported:

- October 2015-September 2016
 - Maryland: 3,871 released children to sponsors
- October 2016- March 2017
 - Maryland: 2,534 released children to sponsors
 - Prince George's County: 921 released children to sponsors

Q. Where are the migrant children coming from?

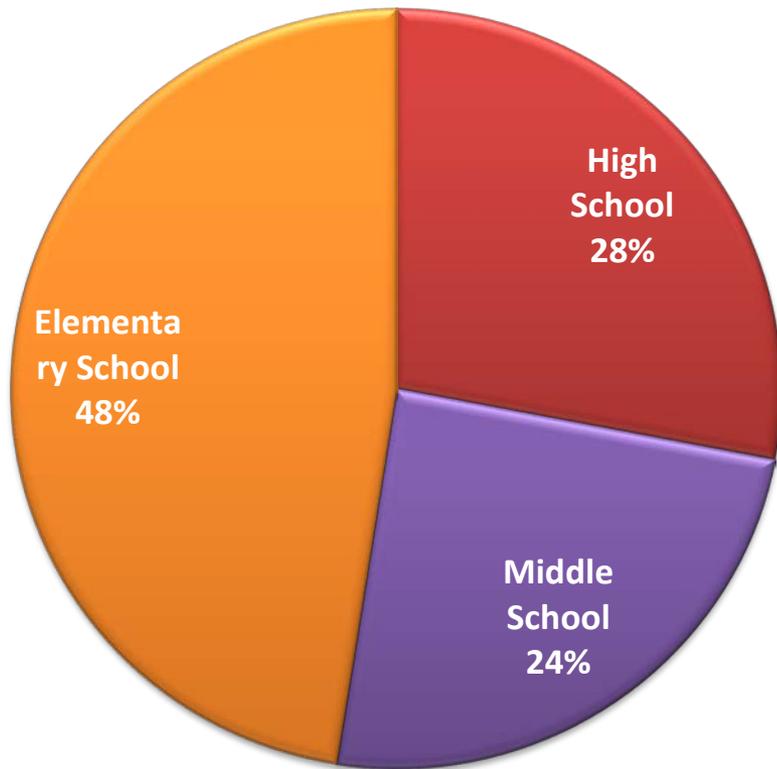


Background information

- *“These children may have histories of abuse or may be seeking safety from threats of violence”.*
- *“They may have been trafficked or smuggled. ”*
- *“The majority of health issues being reported from DHS at the border stations are associated with the difficult journey or the crowded, unsanitary, and environmental conditions the children endured before they arrived.” (CDC)*
- *“Higher rates of mental health issues among Unaccompanied children when compared to their accompanied immigrant counterparts ”*
- Reunification issues presented by both: parents and their children.
- Social and family roles challenges

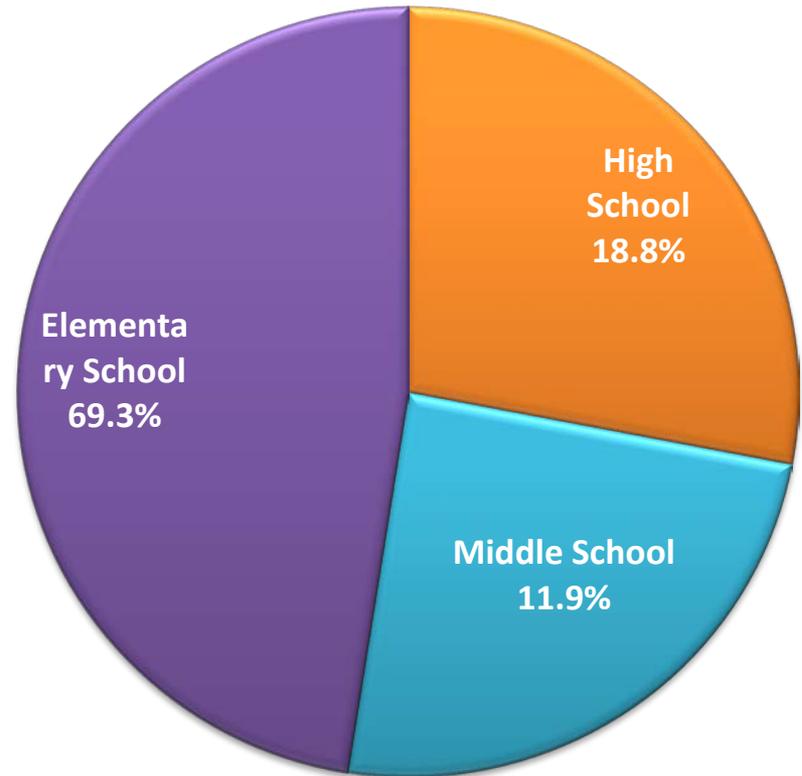
ESOL Students: PGCPS & MCPS

PGCPS



■ High School ■ Middle School ■ Elementary School ■

MCPS



■ High School ■ Middle School ■ Elementary School ■



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Mi Refugio

- School–Based Mental Health Program of LCDP is a part of the TNI @ School.
- Prince George’s Community (TNI@School) in collaboration with La Clínica Del Pueblo, Prince George’s County Public Schools and Prince George’s County Government.
- This program delivers a culturally sensitive youth development model that addresses school, family, and social integration.
- The program serves eligible immigrant students and their families at Northwestern High School free of charge.
- Staff: Clinical Director

Program Manager

Youth development workers

Licensed Mental Health Therapist



Transforming Neighborhoods Initiative (TNI)

- **Focuses on improving challenging indicators within these targeted communities:**

- Forestville
- Hillcrest Heights/Marlow Heights
- Kentland/Palmer Park
- Silver Hill
- Suitland/Coral Hills
- Woodlawn/West Lanham Hills
- East Riverdale/Bladensburg (Community Lead TNI)
- Glassmanor/Oxon Hill (Community Lead TNI)
- **Langley Park (Community Lead TNI)**



Transforming Neighborhoods Initiative

(TNI)

- Designated to mitigate social issues and concerns that prevent youth academic success.
 - Currently focuses on over 30 schools
 - Academic interventions
 - Increase graduation rates
 - Decrease dropout rates
 - Safe afterschool enrichment programming
 - School-based behavioral health services
 - Community resource coordination



Referral Chain

Community
Resource
Advocacy

ESOL Staff

Teachers

Other School
Staff

Mi Refugio
School-Based Mental Health Program
Program Manager
Youth Development Workers
Clinical Mental Health Therapist

Case
Management

Therapies

Group
Intervention



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CASE MANAGEMENT SERVICES

INTENSIVE CASE MANAGEMENT

- Support youth and their families in improving their quality of life
- Assessing their needs
- Connecting them to community resources
- Achieving specific desired outcomes

FINDINGS:

- Tutoring
- Mentoring
- School-intensive case management
- Follow up with teachers and school guidance counselors
- Homelessness
- Full-time and part-time students
- Clothing
- Food
- Transportation
- Teenage parents
- Students self-referred to program
- Babies supplies
- No medical home clients
- STDs testing



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GROUP INTERVENTIONS

- We aim to support immigrant youth in developing resilient and pro-social behaviors through culturally and age appropriate group and mentoring sessions.
- Our evidence-based curriculum provides services reflecting the interests, values and needs of the students we serve

GROUPS ACTIVITIES:

- Phase 1: 10-week curriculum for newcomers
- Phase 2: 7-10 week curriculum
- Joven Noble: 12 weeks
- Cara y Corazon: 10-12 weeks
- Senior Group: Once per month

FINDINGS:

- Students express their needs in group
- Students refer other students
- Participants expressed feelings of abandonment when first group finished
- Parent engagement is difficult, because they think youth are adult and they do not need help with school, mental health, and medical issues



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MENTAL HEALTH SERVICES

Mental health counseling sessions for youth & their families.

- Individual and family services
- Mental Health Assessments
- Treatment planning
- Behavioral services
- Crisis intervention
- Group therapy

FINDINGS

- High rates of depression and anxiety
- Victims of different types of abuse (physical, emotional, sexual)
- Witness of crime
- Victims of gang-related issues
- Reunification issues (parents, siblings/other family members)
- High rates of self-mutilation
- High rates of use of drugs (alcohol, cannabis, others)
- High rates of exposure to STD'S and unwanted pregnancies
- No family involvement
- Acculturation issues
- High levels of discrimination against LGBTQ community

Other Services

- Senior Group
 - College application
 - FAFSA application
 - Scholarships
 - School requirement
 - Community hours
 - Graduation package at school
- Summer Enrichment
 - Plan according to student's needs
 - Recreational activities
- Parents' Group (Cara y Corazon)
 - A family strengthening, leadership development program that directly addresses a wide variety of "cargas" baggage issues that families face to include, bicultural conflict, identity, teen pregnancy, domestic violence, child abuse, substance abuse, mental health issues, gang violence, and other challenges.



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Other Issues

Gang Activities

Stigmas

Barriers



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Barriers

- Before, during and after arriving in the U.S.A.
- Family reunification
 - Lack of communication with parents/or legal guardian
 - Homesick
- New country
 - New culture
 - New language
 - New school system
 - Limited health access
 - Lack of opportunities to obtain a health insurance coverage

Why do kids join gangs?

- Each case is individual, but some reasons include:
 - Security, protection and a sense of belonging
 - Lack of family, community, or youth support system (too much unsupervised time)
 - Sense of status or respect
 - Living in a gang infested community or having family members in a gang
 - Low self-esteem
 - Financial opportunities (i.e. profits from drug distribution and other illegal activities)
 - Peer pressure
 - Thrill seeking
 - Media glorifying violence

Gang Activities

- **Gang Activities in NWHS**

- School administration is not open to talk about this problem
 - No gang issues at school
- Real presence of the MS13 in the school
- Services and referrals (Case management, mental health, group activities)

- **MS 13 Identifiers**

- Heavily tattooed
- Typical Latin gang tattoos
- “Heavy Metal” tattoos
- Blue and black bandanas

Gang Activities

- **Changes/ New Generations**

- They are not tattooed
- They dress as normal as any youth who is not involved with gangs
- They show good behavior and well educated
- They do not call attention and are good students
- They do not seek fights in the school unless necessary or with rival gang members



Stigma

- They do not seek help
- They have learning issues
- They do not want to study
- School is not their priorities
- Lack of interest to pursue a college degree
- They only like to work in cleaning and construction
- They are gang members
- They are delinquents
- They use drugs
- They have tattoos
- They use a Rosary because they are gang members
- They look like gangs members because of their clothing



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Outcomes

- **Clients served:**

- SY 2015-2016: 117 unique clients
- SY 2016-2017: 184 unique clients
- SY 2017-2018: 168 unique clients (still add new clients until June 30th)
 - 115 enrolled to Mi Refugio
 - 22 students, we are working in the enrollment process
 - 21 clients are in waiting list
 - 10 decline services, but we provide outreach/engagement services



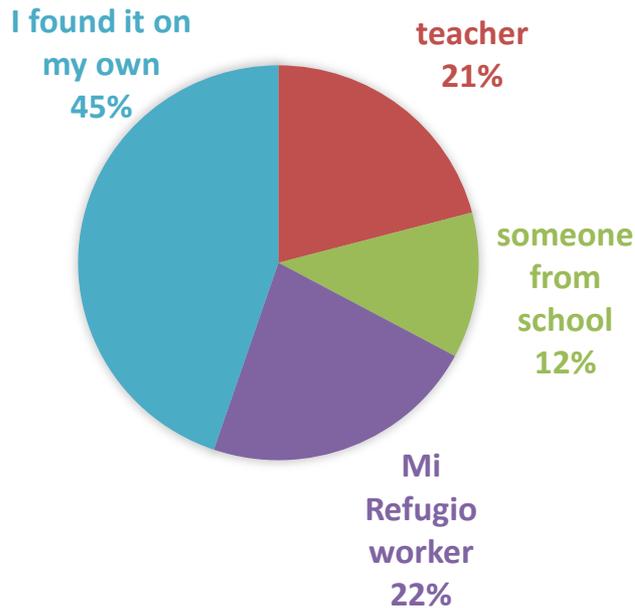
Program Evaluation

Data Collection:

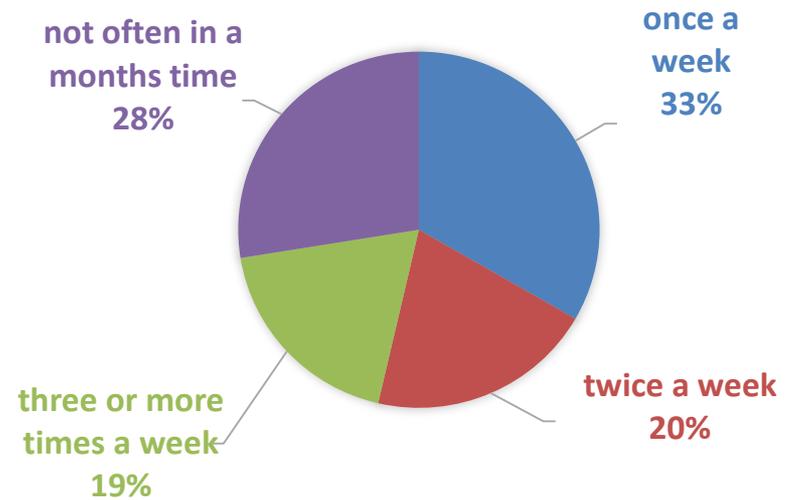
- Electronic Medical Record data
- Pre-post-satisfaction surveys
- In-depth interviews
- Clinical tool score
 - PHQ-9
 - GAD-7
 - PCL-5

Client's Response To Services

HOW DID YOU HEAR ABOUT THE PROGRAM?



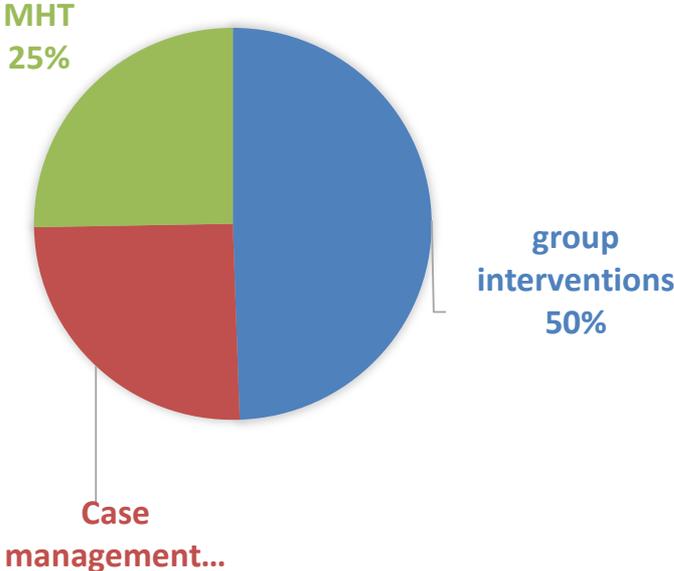
HOW OFFTEN DID YOU ATTEND THE PROGRAM?



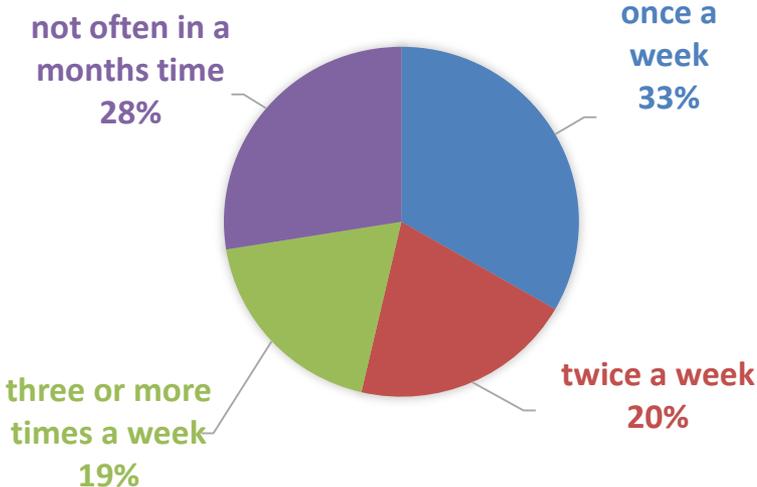
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Client's Response To Services

WHAT SERVICE DID YOU USE THE MOST?

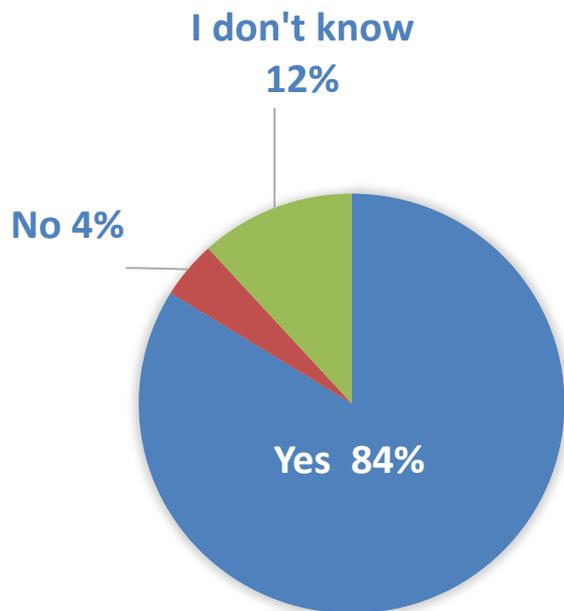


HOW OFFTEN DID YOU ATTEND THE PROGRAM?



Client's Response To Services

HAS THE PARTICIPATION
IN THE PROGRAM HELP
YOU FEEL BETTER?



- 84 % of the participants reported feeling better after they started participating in Mi Refugio.
- 94% said that the participation in the program helped them to feel better at school.
- 94% reported that the participation in the program help them to feel better at home.

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