UNC School of Social Work

Refugee Mental Health & Wellness Initiative

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Refugee Resettlement: From Global to NC Community

- Department of Homeland Security
- Citizenship and Immigration Services
- U.S. Department of State
- U.S. Department of State Reception and Placement
- NC Refugee Assistance Program (NC RAP)

Selected NC Communities:
- Triangle,
- Triad,
- Mecklenberg & Craven County
2012: The U.S. received refugees from 85 countries

- The largest sending countries:
  - Bhutan (15,021)
  - Burma (14,020)
  - Iraq (12,124)
  - Somalia (4,915)
  - Cuba (1,948)
  - Democratic Republic of Congo (1,839)
  - Iran (1,751)
  - Eritrea (1,321), and
  - Sudan (1,055)
NC-RAP – Refugee Social Services

• Goals of Refugee Social Services:
  – Achieve self-sufficiency as quickly as possible and quickly reduce dependence on public assistance;
  – Expedite the resettlement process and encourage social adjustment;
  – Assist refugees with finding jobs and maintaining employment;

• The Refugee Social Services Program provides assistance with:
  – Employment services
  – Case Management
  – English Language Training
  – Citizenship and Immigration Services
  – Transportation
  – Vocational Skills Training, including Drivers Education and Vocational Education;
  – Translation & Interpretation services
  – Skills Recertification, and
  – Social Adjustment services, including Information & Referral, Emergency Services, and Health-Related services
NC-RAP – Refugee Public Assistance

- Goals of Refugee Public Assistance
  - Stabilize physical health and provide for health care
  - Meet basic needs

- The Refugee Public Assistance Program provides assistance with
  - Cash assistance and financial support
  - Employability services
  - Short-term medical insurance program (Similar to NC-Medicaid)
  - Health screening
  - Application assistance for service from the County Department of Social Services
Refugee Mental Health & Wellness Initiative: Filling a Gap

- Mental health screenings
- Psychotherapy
- Group treatment
- Community presentations
- Psychiatric case management
UNC global transmigration

refugee mental health & wellness initiative
Referral demographics: countries

- Sudan: 19%
- Iraq: 19%
- Burma/Myanmar: 19%
- Somalia: 11%
- Congo: 7%
- Eritrea: 7%
- Other: 17%
“My whole time as a refugee, no one has ever asked how I am feeling. It feels good to be asked.”
“You gave us hope that things would get better, and here we are. It was true. Even with words, you helped a lot.”
“You open our eyes on many things. If someone gives you money, you spend the money and it’s gone. But when you give advice, it stays. I use the teaching. You are not useless.”