

Immigration and Trauma: The Price of The American Dream



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Global Migration

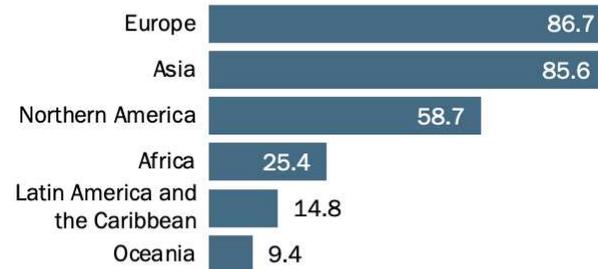
The number of international migrants grew to 281 million in 2020, meaning that 3.6% of the world's people lived outside their country of birth that year, according to the United Nations' [International Organization for Migration \(IOM\)](#).



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Europe and Asia were home to the most international migrants in 2020

International migrant population in ___, in millions



Source: Pew Research Center analysis of United Nations Department of Economic and Social Affairs 2020 International Migrant Stock data.

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America has been a nation of immigrants dating back tens of thousands of years ago starting with its original inhabitants who crossed the land bridge connecting Asia In North America.

Some of America's first settlers came in search of freedom to practice their faith. Some of the biggest to note are:

During the colonial period between 1500-1600s:

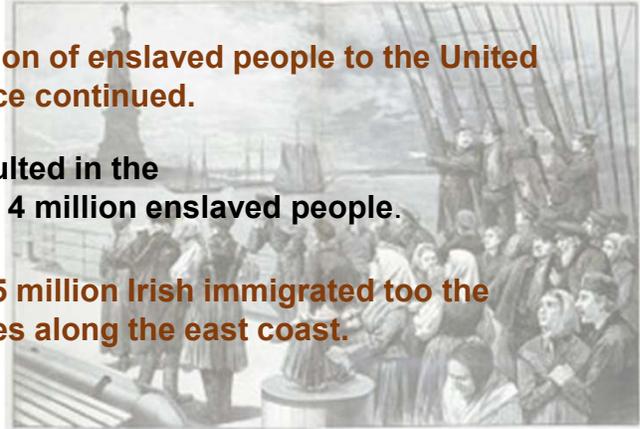
- The first Europeans led by the Spanish and French had begun establishing settlements and what would become the United States.
- The English founded their first permanent settlement in present-day America at Jamestown and the Virginia colony.
- The Pilgrims and Puritans fled religious persecution in Europe



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During the colonial period between 1700s-1800s

- Another group of immigrants who arrived against their will during the colonial period were enslaved people from West Africa, and by 1790, there were 700,000 Africans in the American colonies according to some estimates
- **Congress outlawed the importation of enslaved people to the United States as of 1808, but the practice continued.**
- **The US civil war (1861-1865) resulted in the emancipations of approximately 4 million enslaved people.**
- **Between 1820 and 1830 some 4.5 million Irish immigrated to the United states and settled in cities along the east coast.**



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Treaty of Guadalupe Hidalgo 1848

This treaty, signed on February 2, 1848, **ended the war between the United States and Mexico**. By its terms, Mexico ceded 55 percent of its territory, including the present-day states California, Nevada, Utah, New Mexico, most of Arizona and Colorado, and parts of Oklahoma, Kansas, and Wyoming.



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During the colonial period between 1800s-1900s

- During the mid 1800s a significant number of Asian immigrants settled in the United States. In news of the California Gold Rush, it is estimated that 25,000 Chinese had immigrated there by the early 1850s.
- President Benjamin Harrison designated Ellis Island as the Federal Immigration Station. More than 12 million immigrants entered the United States through Ellis Island during its years of operation from 1892 to 1954.



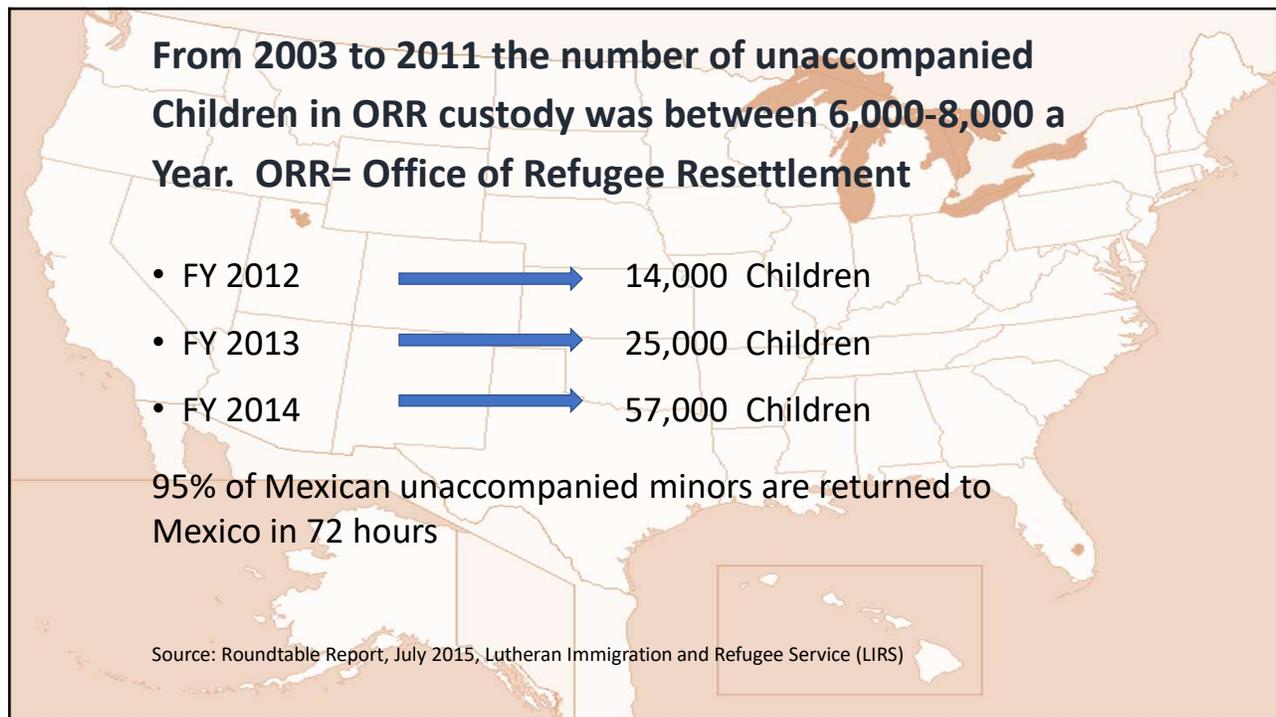
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During the colonial period between 1800s-1900s continued.

- In the 19th century the United States received some 5 million German immigrants. Many of them joined the present-day Midwest to buy farms.
- The Bracero program was a series of diplomatic Accords between Mexico and the United States signed in 1942 that brought millions of Mexican immigrants to the United States to work as agricultural labor contracts. From 1942 to 1964, 4.6 million contracts were signed making it the largest US contract labor program to date.

Today the majority of us immigrants come from Asia and Latin America rather than Europe

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In FY 2014, Over 68,000 unaccompanied children were apprehended, 51,705 were from the Northern triangle countries of Central America

- El Salvador
- Guatemala
- Honduras



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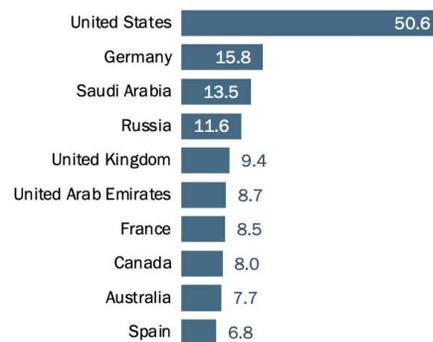
Desperate to reach the us, migrants ride the “Beast” through Mexico

<https://www.youtube.com/watch?v=hjkupoCm9s8>

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The U.S. has more international migrants than any other nation

Number of international migrants per country, in millions, 2020



Note: Top 10 countries are shown. The U.S. total includes people living in the 50 U.S. states or the District of Columbia who were born in Puerto Rico and other U.S. territories, which the UN defines as international migrants. People born in Puerto Rico and other U.S. territories are U.S. citizens at birth.

Source: Pew Research Center analysis of United Nations Department of Economic and Social Affairs 2020 International Migrant Stock data.

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California's population has become increasingly diverse.

- No race or ethnic group constitutes a majority of California's population: 39% of Californians are Latino, 35% are white, 15% are Asian American or Pacific Islander, 5% are Black, 4% are multiracial, and fewer than 1% are Native American or Alaska Natives, according to the 2020 Census. Only five other states (Hawaii, New Mexico, Texas, Nevada, and Maryland) have similarly diverse populations.
- More than half of young Californians (ages 24 and under) are Latino. Conversely, more than half of those 65 and older are white.



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Over 10 million Californians are immigrants.

- According to the 2021 American Community Survey, [27% of Californians are foreign born](#) —twice the share in the rest of the nation (14%). Several other states have relatively high shares: New Jersey (23%), New York (22%), and Florida (21%).
- More than half (55%) of [foreign-born Californians](#) are naturalized US citizens—the largest share in over 40 years. Most other immigrants are legal permanent residents.

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Top 10 reasons for Migration:

1. For Education Purposes.
2. For Career Enhancement
3. Over Population
4. Social and Religious Reasons
5. Poverty
6. Better Health Care
7. Political Causes
8. War or Conflict Zones
9. Environmental Factors
10. The “Why Not” Factor



Source: Global Immigration Services, Valencia Richards, Update December/22/2022

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Major Characteristics of Migrants:

- High Migration Rates
- Temporary Work
- Low Wages
- Legal Status
- Language Barriers
- Low levels of education
- Unhealthy living/working conditions
- Limited Family/social/Religion support



Notes about history of the immigration on U.S.

source: U.S. Immigration Before 1965. History. Com Editors. Update Sep 10 2021. Original Oct 29 2000

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What is Trauma?

SAMHSA describes individual Trauma as an event or circumstance resulting in:

- . Physical Harm
- . Emotional Harm
- . Life Threatening Ham



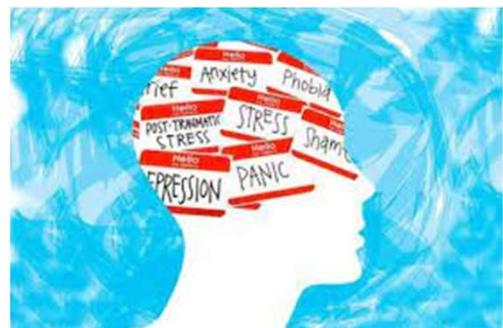
SAMHSA addresses the impact of Trauma on individuals, families and communities as a behavioral health concern that requires a healing and recovery. Research has show that traumatic experiences are associated with both behavioral health and chronic physical health conditions, especially those traumatic events that occur during childhood. More than 70% of Americans have experienced trauma in their life's. In America 8 million people will experience a traumatic event each year.

Sources: SAMHSA Trauma and Violence. Last update 9-27-2022
 Post Traumatic Stress Disorder Alliance and National Center for PTSD December- 7- 2021

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Major Mental Health Issues Experienced by this Population:

- History of Trauma (Individual, family, social)
- Anxiety
- Depression
- Substance Use/Abuse
- Separation from Family Members
- Family/Social Isolation
- Intergenerational Issues
- Economic Stress



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Underutilization of Mental Health Services

Despite the correlation between migration experiences and psychological consequences (Trauma related experiences) very few Immigrants seek for MHS for a variety of reasons:

- Language Barriers
- Cultural Barriers
- Lack of Insurance
- Lack of Money
- Geographical distances
- Fear of Detection by Immigration Authorities
- Fear of being misunderstood Culturally
- Fear of Racial Discrimination
- Unfamiliar with the MHS/HS
- Lack of MH providers with Cultural and Linguistic knowledge



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Clinical Modalities To Address Trauma:

Trauma-Focused CBT. (TF-CBT)

- TF-CBT therapy is a cognitive behavioral treatment mainly used for kids and teens with Trauma. Parents or care givers are also involved in this approach . (12-16 sessions)

Trauma- Informed Care

- Trauma Informed care sifts the focus from “what’s wrong with you?” to “what happened to you?”
- A Trauma Informed approach to care is based on an understanding of the experience and implications of trauma for individuals, families and communities.

Cognitive Behavioral Therapy (CBT)

- Cognitive behavioral therapy focuses on the relationships among thoughts, feelings and behaviors targets current problems on symptoms and focuses on changing patterns of behaviors, thoughts and feelings.

Source: American Psychological Association, clinical practice guideline for the treatment of PTSD.

Date created: July 2017, last update: June 2020

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Clinical Modalities To Address Trauma:

Cognitive Processing Therapy (CPT)

- Cognitive processing therapy is a specific type of cognitive behavioral therapy that helps patients learn how to modify and challenge unhelpful beliefs related to the trauma.

Cognitive Therapy

- Derived from cognitive behavioral therapy, cognitive therapy entails modifying the pessimistic evaluations and memories of trauma, with the goal of interrupting the disturbing behavioral and/or thought patterns that have been interfering in the person's daily life.

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

- A structure therapy that encourages the patient to briefly focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movement) which is associated with a reduction in the vividness and emotion associated with the trauma memories.

Source: American Psychological Association, clinical practice guideline for the treatment of PTSD.

Date created: July, 2017, last update: June, 2020

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The illustration depicts a large, multi-story house with a red roof and orange walls, floating on a large wooden boat. Three people are climbing ladders to reach the house. One person is on a ladder on the right, another on a ladder on the left, and a third person is on a ladder in the foreground. The boat is decorated with various national flags and symbols, including the Indian tricolor, the Ghana flag, and the South African flag. The scene is set against a blue sky and green grass, suggesting a journey or transition across cultures.

Cultural Factors to Consider for Assessment and Treatment:

- Ideology
- Beliefs
- Traditions
- Customs
- Language
- Alternative Treatments
- Family participation/collaboration
- Faith/Spiritually

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