



Immigration Support Guidance and Resources

This document is intended to support teams in their work with young people and their families who are immigrants, or who are concerned with recent ongoing Immigration Enforcement activities regardless of immigration status. The EASA Center for Excellence has created this compilation of suggestions and resources that teams may consider using to help support those participants who may be struggling due to things like fear of leaving their homes; worries about sharing information with different organizations; or managing an increase in stress, anxiety, and paranoia. If your team has specific questions or concerns or would like to do a case consultation about how to best support any participants, we encourage you to contact your regional lead or the EASA Center for Excellence at easa@ohsu.edu and one of our team members will reach out.

Service Delivery Considerations

- For new referrals, or new participants needing assessments, recognize that there may be barriers to rapport-building due to fear and distrust of sharing information or presenting to appointments. The engagement and follow-up process may take longer. Take time to build trust and be as flexible as possible with scheduling the time and locations of assessments. Remember that EASA encourages teams to accept participants when further assessment is needed. This may allow for more time to build trust and get more accurate assessments over time.
- Participants and their families may be fearful of leaving their homes due to increased ICE presence in their community. While this may make some service delivery more complex, there are a few things teams can do to respond to this.
 - Utilize in-home or virtual visits when possible and with permission
 - There may be some hesitancy with having home visits, particularly with new staff or if they have recently joined the program. There also may be some concerns of neighbors seeing providers visit their home. Talk to the family about how this could be addressed in the best way for them. It could be as small as “dressing down” and attending that appointment in more casual clothing or ensuring they know the name and face of each team member.
 - Provide transportation to appointments
 - Assist with food/grocery drop-off for food-insecure families
- Recognize and respond to the emotional toll of stress and fear for the participant and their family.



- Provide and practice evidence-based stress management skills (e.g. CBT/DBT/other modalities)
- Providing space for participants/families to share concerns. This may not be as involved as offering family therapy, but simply creating an opening for families and participants to share their experiences may allow them to process and share their emotions and reactions can make a difference.
 - Some families may express or quietly hold fears about sharing PHI with any agency (including EASA teams) due to concerns of information sharing across federal and state organizations. Explain and clarify your agency's PHI policy, HIPPA, and legal restrictions on sharing information with other agencies.
- Focus on [trauma-informed care](#) and triaging active stressors and problems
 - Immigrant families are likely dealing with a variety of intense stressors. Teams may need to work with participants and families to identify the stressors that are most pressing and need to be prioritized. Consider the hierarchy of needs and ensure that safety and basic needs such as food and shelter are addressed.
 - Update safety plans to include contact with the legal system and ask if there are any other emergency contacts the participant might want to sign an  for in the case that they are detained and the team needs to speak with another support person.
- Resources and tools that may assist with service delivery
 - [How Can Immigrants Protect Their Mental Health Right Now?](#)
 - [American Academy of Pediatrics: Immigrant Health Toolkit](#)
 - [Together for Wellness Digital Toolkit](#)
 - [Undocu-Immigrant Mental Health Grounding and Reflection Toolkit](#)

Prescribing/Medical Considerations

- Offer 90-day supplies of oral medications when possible to decrease the frequency of pharmacy visits
- Offer to pick up and deliver medications to the participant's home if needed
- When appropriate, assess for the possibility of replacing oral medications with long-acting injectables (LAIs)
 - Teams may need to coordinate and assist with safely getting the participant to injection appointments, to reduce trips, attempt to ensure the injection and prescriber appointments are scheduled on the same day



- Some prescription plans require the patient/family to pick up the injectable medication from the pharmacy and bring it to the office; as with oral meds, consider coordinating care so that a team member picks up the medication on behalf of the patient
- If available within agency regulations, offer and coordinate for nurses to safely go to the participant's home to deliver injections
- Assess experiences of anxiety and panic. Evaluate the appropriateness of offering short-term anxiolytics to manage acute stress and related symptoms
- If a participant or family are more home-bound, help them consider ways they can get physical activity and feel agentive or creative at home; agencies with the means to do so may help support patients with things like exercise mats, small weights, or art supplies

Non-Service Related Suggestions

- Find local resources such as:
 - Immigration attorneys
 - Local raid response organizations
 - Mobile food pantries
 - Know Your Rights trainings
- Make space in team meetings to discuss and provide support to one another
 - Supervisors: check in with team members during 1:1 supervision and offer space. Ensure all staff are aware of EAP and Mental Health benefits and encourage staff to take time off if needed.
 - Ensure that the team has opportunity to debrief any situations where participants are affected by detention or deportation
- Community building activities
 - Partner with YALC or offer a group space to participants who would like to be involved in supporting their communities. Activities could include things like cutting up red cards or putting together whistle kits for local organizations to hand out, making bracelets with local immigration support network phone numbers, or inviting a Know Your Rights trainer to present. 
 - Volunteer as a team or with participants at local support opportunities, such as packing hygiene kits with outreach organizations or food boxes at local food pantries.



Resource Library

- <https://www.waimigranthealth.org/immigration-action-center/red-card/>
- <https://www.nilc.org/resources/>
- <https://irco.org/>
- <https://pircoregon.org/>
- [Oregon Law Center - Family Preparation Plan](#)
- <https://immigrantsrising.org/>
 - <https://immigrantsrising.org/resource/mental-health-resources-for-undocumented-people/>
- [Coalition for Immigrant Mental Health](#)
- [Know Your Rights: What to Do if You or a Loved One is Detained](#) 