Trauma & Resiliency

The LatinX Immigrant Experience

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Introductions
Understanding the Why for Iowa
Pre migration Trauma
In migration Trauma
Post migration Trauma
Values & Strengths in LatinX populations
Barriers for LatinX populations
LatinX Resiliency
Ways to support LatinXs
Current state of resources for immigrant LatinX in Linn County & Johnson County

Goals
Language matters

- **LatinX** vs. **Latino/a** vs. **Hispanic**
- **Immigrant** vs. **Migrant** vs. **Emigrate**
- **Undocumented** vs. **Unauthorized** vs. **Illegal Alien**
Mexican
Puerto Rican
Cuban
South American
Central American
Recent Upsurge in Central American migration
- Guatemalan
- Honduran
- Salvadorian

LatinXs
In 2015, estimated population of Latinos in Iowa was 178,620

People of Latino origin is the state's largest race or ethnic minority group

57.6% of Latino population live in the following counties:

- Polk, Woodbury, Scott, Marshall, Johnson, Muscatine, Pottawattamie & Linn

Linn County: 3.0% Latino

Johnson County: 5.5% Latino

Iowa Statistics

"Latinos in Iowa," State Data Center of Iowa, 2016
### National & State Trends

<table>
<thead>
<tr>
<th>State</th>
<th>Mexico</th>
<th>Europe/Canada</th>
<th>Central America</th>
<th>South America</th>
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<tbody>
<tr>
<td>Iowa</td>
<td>41,735</td>
<td>21,443</td>
<td>10,904</td>
<td>3,631</td>
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<tr>
<td>Foreign Born</td>
<td>142,602</td>
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New Immigrant Gateways into U.S.

"Contemporary Immigrant Gateways in Historical Perspective," Daedalus, 142(3): 76-91, Summer.

"By 2050, a national study projects that Latinos will comprise nearly 13% of Iowa’s total population and Latino youth will have tripled in number."  (The Office of Latino Affairs. September, 2017)

American Immigration Council, "Immigrants in Iowa." (October, 2017)
The Office of Latino Affairs, "Latinos in Iowa: 2017." (September, 2017)
There is a need for service providers to develop cultural competencies to address systemic factors impacting LatinXs.

Between Borders: American Migrant Crisis

The Why
Poverty
Organized crime, "maras" (gangs), sex trafficking
Lack of opportunities & employment
Corrupt governments
Step-wise migration, prolonged separation from family members

Pre migration Trauma
In migration Trauma

- "La Bestia"-Train of death
- Kidnapping
- Sexual assault/abuse
- Detention Center
Post migration Trauma & Stress

**Trauma**
- Perceived discrimination
- Potential deportation & Separation

**Stress**
- Attachment issues re: step-wise migration
- Separation from family & community of Origin
- Challenges in family reunification process
- Acculturation stress
- Parentified Behaviors
- Imbalance in family structure
Values & Strengths

- Family & Connection
- Interdependence
- Strong work ethic
- Humility
- Strive for stability
- Belief in higher power
Barriers

"Barriers experienced by Mexican Immigrants: Implications for Academic Achievement & Mental Health." (M. Morgan Consoli, et al., 2012)
Resiliency

Develop a relationship with individuals/family
Create safety in relationship
Build connections to community
Connect with resources
Encourage cultural connection
Develop coping skills
Be mindful of fears
Understand the narrative
Address trauma
Make racial differences covert, overt
Be an advocate for policy change

Supporting LatinXs
Linn County

- Wraparound Funding
- T-19
- 3 Spanish speaking clinicians

Services & Resources

- Tanager Place
- YPN
- Eastern Iowa Health Center
- Waypoint
- Child Serve
- LULAC, Ch. 378
- Justice for our Neighbors
- Catholic Charities
- Catherine McAuley Center
- Kirkwood Learning Center
- Innerlingua

The State of Resources
"Migration is an expression of the human aspiration for dignity, safety and a better future. It is part of the social fabric, part of our very make-up as a human family."

~Ban Ki-Moon
Questions & Comments