



PAST ENVIRONMENT: pre migration

- Conflict
- Physical violence
- Sexual Violence
- Torture
- Witnessing killing and torture of loved ones
- Imprisonment
- Endemic disease
- Ongoing threats to safety and safety of loved ones
- Loss and bereavement
- Poverty
- Food inse
- Poor living conditions
- Limited health care

PAST ENVIRONMENT: during migration

- Physical violence
- Sexual Violence
- Ongoing threats to safety
- Separation from family
- Poverty
- Travel through multiple countries
- Dangerous and transition living conditions
- Uncertainty about future
- Limited health care
- Detention

PRESENT ENVIRO

- Threats to safety of loved ones in home country
- Exploitation
- Loss of family and culture
- Social exclu
- Poverty
- Loss of identity, status, education/occupation
- Homelessness, poor housi
- environment with foreign language
- Racism and discrimination
- Uncertainty about future
- social care
- Detention
- Immigration insecurity
- Protracted legal processes
- PAST ENVIRO*
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Stressors of Resettlement

Resettlement is life changing: Opportunities and Loss:

- Loss of community and social network
- Loss of important life projects
- Concerns about economic survival
- Loss of meaningful structure and activity
- Loss of meaningful social roles
- Loss of power and control over life

Strength and Resilience in resettlement

- Survival, resistance and dignity
- Resilience:
 - Traumatic growth
 - Functioning while suffering
 - Fluctuating sx in response to stress
- Sources of strength, resilience and support
 - Personal, relational, cultural, spiritual

Effects of Overwhelming Change

Stress can affect all areas of life:

- Psychological distress and dysfunction
- Physical symptoms
- Changed behaviour
- Problems in relationship
- Normal responses to stress VS serious distress & dysfunction

Effects of Overwhelming Change

Emotional

• Worry, anger/irritability, sadness, tearfulness, helplessness, hopelessness, indecisiveness, worthlessness, guilt

Cognitive

• Problems with concentration, attention, memory, disorientation

Physical:

• Fatigue, headache, muscle tension, GI difficulties, appetite, aches and pains, blurred vision

Effects of Overwhelming Change

Behavioural:

• Reduced energy/activity, hyperactivity, substance use, difficulty planning and following through on tasks, sleep problems, increased/ decreased appetite

Relational:

• Lack of emotion, arguments and conflict, overdependence on others for decisions and support



- Age and developmental stage at migration
- Disruption of education
- Multiple separations from caregivers
- Attachment disruptions

Observed symptoms:

- Separation anxiety, bedwetting, repetitive play
- Agitation, difficulty with attention and concentration
- Anger, irritability, aggression
- Withdrawal, inhibited behaviour Parenting:
- Overprotective or authoritarian
- Reactions to trauma and change

Mental health presentations

Frequently experienced symptoms or disorders:

- Depression
- Anxiety
- Post Traumatic Stress Disorder
- Problematic substance use
- Suicide Risk

Less Commonly observed:

- Psychosis
- Obsessive-compulsive disorder