

V. OTHER RESOURCES

CDC Guidelines for Mental Health Screening

CDC developed guidelines for mental health screening during the initial domestic medical examination, which should be tailored to the local context (screening clinic's capacity, referral network, etc.). The goal of mental health screening during the domestic medical examination is to identify and triage refugees in need of mental health treatment: <https://www.cdc.gov/immigrantrefugeehealth/guidelines/domestic/mental-health-screening-guidelines.html>

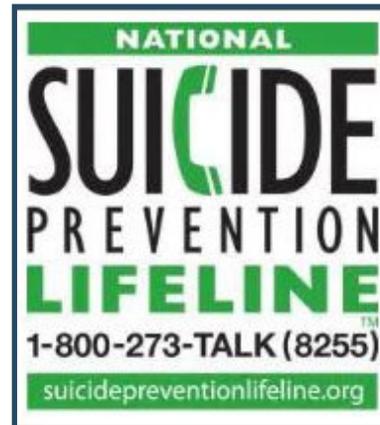
HealthReach HealthReach is a national collaborative partnership that has created a library of quality multilingual, multicultural health information for those providing services to refugees or other individuals with Limited English Proficiency. Resources include health education materials in various language and formats, provider information (reports, toolkits, fact sheets), and special collections on substance abuse and mental health: <https://healthreach.nlm.nih.gov>

Substance Abuse and Mental Health Services Administration (SAMHSA) This agency within the U.S. Department of Health and Human Services leads public health efforts to advance behavioral health. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on American communities: <https://www.samhsa.gov>

SAMHSA funds the **National Child Traumatic Stress Network** to raise the standard of care and improve access to services for traumatized children, their families, and communities: <http://www.nctsnet.org>



SAMHSA funds the **National Suicide Prevention Lifeline**, a national network of local crisis centers that provides free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, with interpreter support for over 150 languages: <https://suicidepreventionlifeline.org>



CONTACT INFORMATION
Division of Refugee Health, Office of Refugee Resettlement
Administration for Children and Families
U.S. Department of Health and Human Services
330 C Street SW • Washington, DC 20201
<https://www.acf.hhs.gov/orr>

MENTAL HEALTH & WELLNESS RESOURCES



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ADMINISTRATION FOR
CHILDREN & FAMILIES
OFFICE OF REFUGEE RESETTLEMENT

I. PROGRAMS SUPPORTING REFUGEE HEALTH

Physical and emotional wellness is a foundation for successful resettlement. The Office of Refugee Resettlement (ORR) administers several grant programs to promote better physical and mental health:

Preferred Communities This program provides intensive case management to extremely vulnerable refugees. It is administered through the nine national Voluntary Agencies and implemented through their network of local service providers; each local provider has designed a set of services around particular types of vulnerabilities, including medical and mental health needs: <https://www.acf.hhs.gov/orr/programs/rph>

Refugee Agricultural Partnership Program This project supports the involvement of refugees in activities such as community gardens, small acreage farming, farm-to-school programs and school gardens, health and nutrition classes, and farmers markets and local food banks. It helps support better physical and mental health: <https://www.acf.hhs.gov/orr/programs/rapp>

Ethnic Community Self-Help This program supports ethnic community-based organizations in providing refugee populations with critical services; it connects newly arrived refugees to community resources to assist them in becoming integrated members of American society: <https://www.acf.hhs.gov/orr/programs/ethnic-community-self-help>

Refugee Health Promotion This program funds states to implement a range of refugee health promotion activities such as health orientation/education classes, wellness support groups, and assistance with accessing health care: <https://www.acf.hhs.gov/orr/programs/preventive-health>

Services to Survivors of Torture (SOT) SOT grantees provide specialized, strengths-based, and holistic services (medical, mental health, legal, and social) to help survivors heal and successfully integrate into the

community: <https://www.acf.hhs.gov/orr/programs/survivors-of-torture>

ORR also funds an SOT technical assistance provider to support SOT direct service providers with consultation, training, and resources: <http://www.healtorture.org>



II. REFUGEE MENTAL HEALTH TECHNICAL ASSISTANCE

National Partnership for Community Training (NPCT) In 2015, ORR funded NPCT to deliver mental health technical assistance to states and other refugee service providers: <https://gulfcostjewishfamilyandcommunityservices.org/refugee/refugee-programs/national-partnership-for-community-training>

Refugee Health Technical Assistance Center (RHTAC) In 2011, ORR funded RHTAC to offer tools, training, and support for refugee health and mental health providers. While the initial ORR funding ended, RHTAC continues to be a valuable source of web-based information and resources: <http://refugeehealthta.org>

III. COMMUNITY SUPPORT FOR MENTAL HEALTH

In 2015, ORR partnered with Lutheran Community Services Northwest's **Pathways to Wellness** project to promote adjustment support groups for newly arrived refugees: <http://www.lcsnw.org/pathways>

In collaboration with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Council for Behavioral Health, ORR has assisted over a dozen states with coordinating **Mental Health First Aid** training: <https://www.mentalhealthfirstaid.org>

IV. BHUTANESE MENTAL HEALTH

RHTAC worked with Bhutanese refugee community members to adapt the Question, Persuade, Refer (QPR) suicide prevention training to be culturally appropriate for their population: <http://refugeehealthta.org/physical-mental-health/mental-health/suicide/suicide-prevention-toolkit>

ORR produced the Nepali-language video *Stories of Hope from Bhutanese Refugees: Moving from Distress to Wellness* along with a user's guide to promote emotional wellness among Bhutanese resettled refugees: <https://www.youtube.com/watch?v=EYrXYnUCJI> and https://www.acf.hhs.gov/sites/default/files/orr/stories_of_hope_from_bhutanese_refugees_video_user27s_guide.pdf

ORR works with Bhutanese refugee community-based organizations to raise awareness about suicide prevention. ORR continues its effort to provide Mental Health First Aid trainings to Bhutanese community leaders.

