



Community Healing Circle: Unpacking Migration & Immigration Trauma

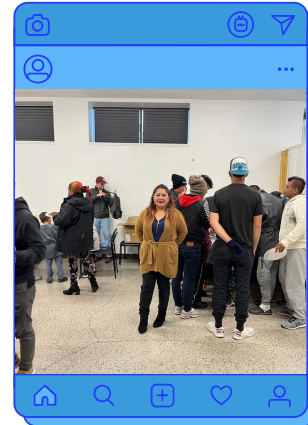


34%

OF FOREIGN-BORN PARENTS EXPERIENCED TRAUMA DURING THE MIGRATION PROCESS*.



ONE OUT OF THREE ASYLUM SEEKERS EXPERIENCE HIGH RATES OF DEPRESSION, ANXIETY, AND PTSD.**



600

FAMILIES SERVED OVER 10 WEEK GROUP THERAPY PILOT

Since 2022, we have provided critical aid to migrant families as they arrived at police stations and shelters. There is a severe lack of timely mental health assessments and services. As waves of new families continue to arrive, caseworkers quickly become overloaded with addressing immediate physical needs and, as a result, many people are commingling in public spaces with unaddressed trauma, which can often become a source of conflicts within the shared space and, later on, within residential communities.

In the fall of 2023, we piloted a 10-week, Spanish language group therapy session for asylum seekers at the 8th police district.

The therapy focused on migration and immigration trauma. During the sessions, we worked to connect families with critical wraparound services, such as Medicaid and public school enrollment.

*Source: [NIH's Painful Passages: Traumatic Experiences and Post-Traumatic Stress among Immigrant Latino Adolescents and their Primary Caregivers](#)

**Source: [American Psychiatry Association's Mental Health Facts on Refugees, Asylum-seekers, & Survivors of Forced Displacement](#)



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9,000

THE ESTIMATED
NUMBER OF CPS
STUDENTS THAT
ARE MIGRANTS*



330

FAMILIES
SERVED
DURING
SPRING
2024

In spring of 2024, we partnered with district 7 CPS Parent University, and the CPS FACE office, to offer our Circulo sessions to families in and around the Halsted shelter and at Perez Elementary.

The sessions expanded to include up to 75 people in a 90 minute session once a week. However, the city's looming budget crisis saw the closure of several city run shelters, including Halsted, and also forced CPS to shorten the hours for which community space would be available for use.

Currently, SWC offers Circulo on a monthly basis at this location, and has expanded the session to 2 hours, directly after school. The sessions focus on topics such as depression & anxiety, sexual assault, and pediatric & adolescent behavioral health. We also offer Know Your Rights and Medicaid workshops.



Potential Partnership Opportunity

We hope to **secure funding to support a four-year program**; year one focused on families in shelters and temporary housing, and years 2-4 embedded in a community with 80%+ Latine student population. This approach will allow us to **provide this resource to as many people as possible, while addressing burgeoning tensions.**

