RESILIENCY OF REFUGEES & IMMIGRANTS: HOW FOCUSING ON STRENGTHS OF NEW AMERICANS CAN ENHANCE INTEGRATION

NORTH DAKOTA FAMILY BASED SERVICES CONFERENCE
FARGO- 2018

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Darci Asche
## OBJECTIVES

<table>
<thead>
<tr>
<th>Learn</th>
<th>We will learn to identify aspects of resiliency in ourselves, students/clients</th>
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<tbody>
<tr>
<td>Understand</td>
<td>We will understand the Cycle of Cultural Adjustment</td>
</tr>
<tr>
<td>Identify</td>
<td>We will identify barriers to resiliency in the resettlement/relocation phase of their journey</td>
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**OBJECTIVES**

<table>
<thead>
<tr>
<th>Develop</th>
<th>We will learn how to develop strategies as a community and services that enhance resilience and facilitate integration.</th>
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<tbody>
<tr>
<td>Identify</td>
<td>We will identify individual strategies for enhancing resilience in refugees and immigrants.</td>
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RE·SI·LENCE
[Rəˈzɪlɪəns]

THE CAPACITY TO RECOVER QUICKLY FROM DIFFICULTIES; TOUGHNESS.

THE ABILITY OF A SUBSTANCE OR OBJECT TO SPRING BACK INTO SHAPE; ELASTICITY.
FACTORS IN RESILIENCE

• The capacity to make realistic plans and take steps to carry them out.
• A positive view of yourself and confidence in your strengths and abilities.
• Skills in communication and problem solving.
• The capacity to manage strong feelings and impulses.
BARRIERS TO RESILIENCE

- Inability to communicate because of language barriers
- Exploited vulnerability
- New challenges
- Individual’s /providers’ biases
- Racism
- Lack of empathy
- Systemic flaws
- Western approaches and concepts
Cycle of Cultural Adjustment

Honeymoon

Initial Adjustment

Cultural Shock

Mental Isolation

Acceptance & Integration
THE ROAD TO RESILIENCE
10 WAYS TO BUILD RESILIENCE

1. Make connections.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is a part of living.
4. Move toward your goals. Take decisive actions.
5. Take decisive actions.
7. Nurture a positive view of yourself.
8. Keep things in perspective.
9. Maintain a hopeful outlook.
10. Take care of yourself.
Strength-based practice is a social work practice theory that emphasizes people's **self-determination** and **strengths**. It is a philosophy and a way of viewing clients as **resourceful** and **resilient** in the face of adversity.
What is the Strengths Based Approach

Emerging from the field of social work, it is a set of ideas, assumptions, and techniques:

1. People are active participants in the helping process (empowerment)
2. All people have strengths, often untapped or unrecognized
3. Strengths foster motivation for growth
4. Strengths are internal and environmental

# Strength-Based and Deficit-Based Concepts: A Comparison

<table>
<thead>
<tr>
<th>Strength-Based Concepts</th>
<th>Deficit-Based Concepts</th>
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<tbody>
<tr>
<td>At-Potential</td>
<td>At-Risk</td>
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<tr>
<td>Strengths</td>
<td>Problems</td>
</tr>
<tr>
<td>Engage</td>
<td>Intervene</td>
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<tr>
<td>Persistent</td>
<td>Resistant</td>
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<tr>
<td>Understand</td>
<td>Diagnose</td>
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<tr>
<td>Opportunity</td>
<td>Crisis</td>
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<tr>
<td>Celebrate (i.e. successes)</td>
<td>Punish (i.e. non-compliance)</td>
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<tr>
<td>Time-in</td>
<td>Time-out</td>
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<tr>
<td>Adapt to</td>
<td>Reform</td>
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<tr>
<td>Empower</td>
<td>Control</td>
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<tr>
<td>Process-focused</td>
<td>Behaviour-focused</td>
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<tr>
<td>Dynamic</td>
<td>Static</td>
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<tr>
<td>Movement</td>
<td>Epidemic</td>
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<tr>
<td>Unique</td>
<td>Deviant</td>
</tr>
<tr>
<td>Avoids imposition</td>
<td>Dominant knowledge</td>
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<tr>
<td>Validates people’s experience</td>
<td>Diagnoses based on norms</td>
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<tr>
<td>People’s context is primary</td>
<td>Professional’s context is primary</td>
</tr>
<tr>
<td>Identifies and builds on strengths</td>
<td>Minimizes people’s strengths</td>
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<tr>
<td>Client-centred</td>
<td>Mandate-focused</td>
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SUCCESSFUL INTEGRATION

- Community Engagement
- Valuing Diversity
- Celebrate Success Stories
- Education
- Creating local services
- Coordination with federal government
- Local champions
Let's Stay Connected...

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Thank You