

Generational Trauma Psychoeducational Groups

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Why is this program unique?

- This program strives to help Hispanic/LatinX students, who attend Dalton High in Georgia, develop coping skills and tools in relation to generational trauma caused by immigration.
- Generational trauma is a big stressor among Hispanic/LatinX youth, this program seeks to alleviate some of that stress.
- For those who immigrated to the U.S., many challenges such as poverty, family separation, adjusting to a new culture, and discrimination, have been associated with anxiety, depression, and Post Traumatic Stress Disorder (Ramirez, Gallion, Aguilar, & Dembeck, 2017).

Social Problem Addressed

- First and/or second generation Hispanics who immigrate to the U.S. especially feel the effects of ***poverty, trauma, and mental health disorders.***
- Address - provide ***education*** on financial stress, human rights, and ***coping skills*** in order to prevent mental health issues.



Poverty

- Immigrants are paid unreasonably low wages.
 - Not sufficient to provide for basic needs.
 - Increases their probability of living in poverty (Kamal & Killian, 2015).
- Hispanic immigrants usually live in areas dominated by poverty and violence (NeMoyer, Rodriguez, & Alvarez, 2019).
- Communities that house vast majority immigrants are usually low-income which poses a greater risk for experiencing traumatic events (Garcini et al., 2017).

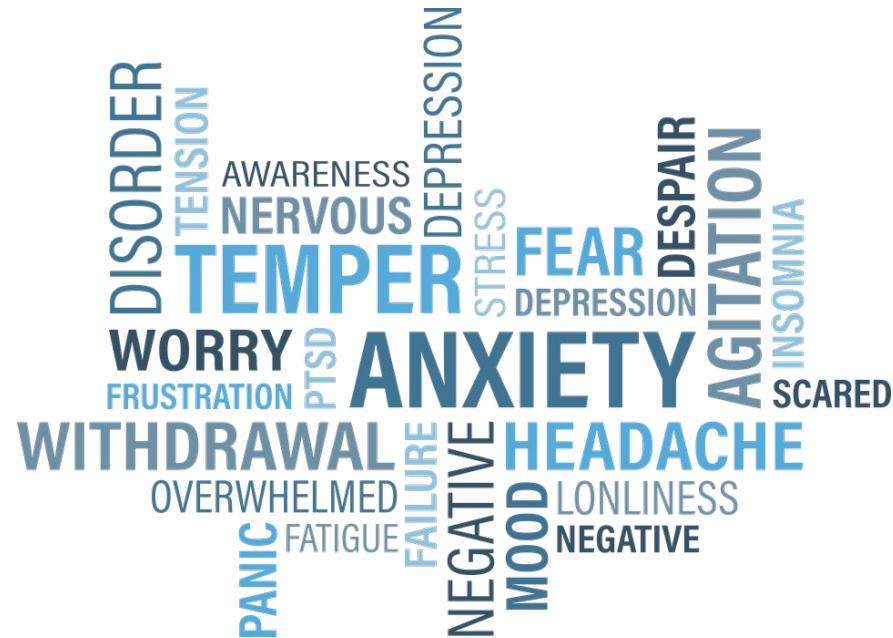
Trauma

- Out of 248 undocumented immigrants:
 - $\frac{1}{3}$ had endured at least six or more types of traumatic events.
 - 82.7% reported a history of trauma.
 - 47.0% met the criteria for clinically significant psychological distress (Garcini et al., 2017).
- Out of 246 undocumented immigrants:
 - 52% met criteria for clinically significant psychological distress (Garcini et al., 2018).



Anxiety and Depression

- **Women** are more prone to suffer from depression and anxiety (NeMoyer, 2019).
- Unaccompanied **minors** are also at high risk.
- The National Longitudinal Study of Adolescent to Adult Health described levels of **depressive symptoms** among 755 Mexicans, 182 Cubans, 219 Puerto Ricans, and 289 other Latinos. (Estrada-Martínez, 2019).



Program Goals

- Provide coping skills students can utilize throughout their life.
- Alleviate generational trauma among Hispanic/LatinX high school students in Dalton, GA.
- Improve the mental health of students experiencing generational trauma.
- Improve student's overall academic scores.



Main Activities

- Plan group curriculum and activities that educate and equip students with the skills and tools needed for coping with generational trauma.
- Contact Dalton High for permission to run program.
- Design and implement funding strategy to sustain the program.
- Facilitate psychoeducational groups.
- Create a thorough evaluation plan to measure and assess the outcomes of our program.



Evaluation Plan

- Coping Skills → Pre and Post Assessment
- Mental Health → SCARED Assessment & Beck's Depression Inventory
- Academic Improvement → Student Grades (GPA)



Sustainability of Program

- Having competent social worker to continue the program
- Continue meeting the needs of the targeted students
- Continue keeping board members involved
- Financial Sustainability
 - Fundraisers with students
 - Recruit investors that care about our goals
 - Grants



Any Questions?