

Historias del Ir y Venir



Foto: Manuel Peñafiel

**Manual sobre Salud Mental para
Promotores/as de Salud**

**Tales of Coming and Going
and
Mental Health:
Manual for Health 'Promotores/as'**

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PREFACE

Each migrant/immigrant has his own history of coming and going between borders, languages, and dreams, and each deserves to be treated with affection and respect. We hope that this manual is a useful instrument for the valuable work that you do as health 'promotores/as' in your communities. We have full confidence that you will bring the messages of this manual to those who need them, and turn the phrase "Wherever you are, there is a place for your health" into a reality.

The development of this manual has been possible, thanks to the valuable contributions of a great number of individuals and organizations that participated in its writing, editing, revision, production, and distribution. All of the people involved in this project demonstrated great respect for the work of 'promotores/as,' and a noble devotion towards improving the health and quality of life of migrants/immigrants. The Spanish version of the manual can be found at <http://www.ucop.edu/cprc/cmhi.html>.

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INTRODUCTION

Purpose of this Manual:

- The objective of this manual is to give information to 'promotores/as'* about migration and its connection with stress and mental health problems among migrants/immigrants. We define migrants as people who come and go between countries, regions, states, or harvests. Immigrants are people who either permanently or semi-permanently live in the United States and who are originally from another country.
- This manual is primarily designed for people who work with farmworkers and are often without legal authorization to work. However, its contents may also be applied to other populations with similar work and legal circumstances.
- Much of what is written here is not new, and many have already lived through what has been described. What is new is that the manual recognizes that migrant/immigrant health issues affect individuals, families, and communities in the United States as well as within the migrants'/immigrants' countries of origin.
- The health topics that this manual will address are related to the fact that migrating, leaving villages or cities, and going to live in different places, increase vulnerability to certain risks, illnesses, and physical and mental health problems.
- People who come and go are often forgotten or considered invisible because they are here today and gone tomorrow. In addition, the health needs of migrants/immigrants are poorly met by health services and complicated by cultural and linguistic discrimination, gender inequalities, fear of being deported, the lack of access to transportation or health clinics, or high costs of services.

The Intended Audience for this Manual includes:

- 'promotores/as' who work with the migrant/immigrant population
- professionals and groups may benefit from the manual's content
- community leaders who seek to improve and develop the health of migrants/immigrants
- agencies and people who work with the migrant/immigrant population, especially those in the healthcare field

* 'Promotores/as' (also known as outreach workers, community health workers, health coordinators, and community health advisors, among other names) often work with people with high health risks who live and/or work in areas that are poorly served by health care systems. A 'promotor's/a's work can include: identifying and linking people to health or support services that they are eligible for, coordinating their relationships with service systems, and providing information, education, and counseling for specific concerns that are important to community members.

- groups or individuals responsible for designing and operating projects of a social, welfare, or community nature.
- all people who dedicate themselves to the improvement of the lives of individuals who live and work far from their places of origin.

Methodology

- This project began with a search of academic literature and other contexts (the Internet, magazines, and other publications).
- Central themes regarding migration and health, particularly mental health, were identified.
- Personal and small group interviews were conducted with people who work with the Latino population in the U.S., and also with people who work with migrants/ immigrants or on issues related to migration.
- These interviews and research spawned the discussion of the main challenges and opportunities that exist to improve the work of 'promotores/as' around migrants'/immigrants' mental health, especially their problems related to stress.
- The 'vivencias' sections were added to help demonstrate the different health topics in the manual by means of examples of real-life experiences of people passing through the cycle of migration.
- The manual was revised by 'promotores/as' and other experts in the U.S. and México in order to create a resource that is useful, accurate, and linguistically and culturally appropriate.

Characteristics of the Manual

- This manual is easy to understand regardless of the educational level of those using it. The only requirements are good reading and writing habits, an open mind, curiosity, willingness, and time.
- This manual offers 'promotores/as' the tools to help migrants/immigrants discover, experiment, talk, feel, listen, reason, express themselves, relate to, and participate in their own learning process about migration, stress, and health [1].
- The manual begins with basic information about mental health problems, including stress, depression, anxiety, alcohol use, and domestic violence.
- Next, there is a summary of the different stages of migration through which migrants/immigrants frequently pass.
- The remaining sections of the manual focus on each of the different moments of migration, and how these stages create situations of stress and/or anxiety.
- The above sections of the manual will each be organized by the following sub-headings:
 - Section Overview: describes what will be discussed in each section.

- Learning Objectives: identifies the specific information that 'promotores/as' will be expected to learn upon reading each section. Throughout the sections, these objectives will also reappear in a question format in order to help 'promotores/as' check their understanding of the information presented.
 - Health Message: summarizes the basic health information related to each topic area.
 - Reflections: through metaphors, anecdotes, and real life stories, the 'promotor/a' is encouraged to think about the life situations that affect the physical and mental health of migrants/immigrants.
 - 'Vivencias': offers real examples of the topics presented that were gathered from interviews and focus groups.
 - Conclusions: provides a summary of the main points within each section.
 - Ideas for the "Promotores/as": gives practical advice to help the 'promotor/a' present the information or encourage dialogue with their audience.
- A table is included near the end of the manual which lists a number of support materials that 'promotores/as' can consult in order to improve their work with the community. The table gives a brief description of the materials, the name of the organization that produces each item, how to obtain the materials, and their cost.
 - A list of resources organized by topic areas is included, in order to identify organizations that 'promotores/as' can contact for more information on the manual's topics, or if they wish to refer people to places that can offer help. Many of the organizations have toll-free phone numbers. Some of the resources are limited to California.
 - Finally, a bibliography appears at the end of the manual.

Use of the Manual

'Promotores/as' often organize groups for teaching, and also speak individually with the people with whom they work. The following steps are suggestions to help promotores/as' who would like to lead a discussion about migration and mental health:

1. Invite the people to sit in a circle.
2. Create a friendly atmosphere and explain the guidelines for the session so that the participants:
 - Are respected, accepted, appreciated for who they are, and feel wanted—not rejected.
 - Feel listened to, but at the same time are capable of listening to others.

3. Present the health discussion messages according to the needs and characteristics of your audience:
 - Be both practical and creative in deciding upon the necessary information to share with migrants/immigrants, whether you have ongoing contact with them or maybe just one teaching opportunity.
4. Share real-life examples of the health topics using the 'vivencias' offered, or songs, poems, or radio soap operas:
 - Each short 'vivencia' can be followed with questions such as:
 - What does this 'vivencia' make you remember?
 - Do you know anybody who has passed through a similar experience?
 - How do you think this person felt?
 - How do you think these feelings or sensations led the person to act?
 - What could the person have done in this situation?
 - What happened to this person for reacting in this way?
 - How can you put into practice in your own life what you have learned from the 'vivencia'?
5. Ask questions in order to encourage dialogue and the exchange of ideas:
 - Invite people to talk about their own experiences, thoughts, and feelings. It is important to avoid judgmental attitudes.
6. Close the discussion:
 - Summarize the three most important points covered in the session.
7. Give references:
 - Include telephone numbers, clinics, and other services in both countries.
8. Distribute pamphlets or educational materials.

Cautions

- The following pages are to be used in combination with the manuals that already exist for health 'promotores/as'. This manual does not pretend to be the only source for 'promotores/as' on the topic of migration and mental health.
- This is not designed as a technical manual to train 'promotores/as' for working with groups.
- It is also not the objective of this manual to create "mental health specialists." It is hoped that the manual will give 'promotores/as' certain

elements of training so that they can help, counsel, or refer people who need emotional assistance.

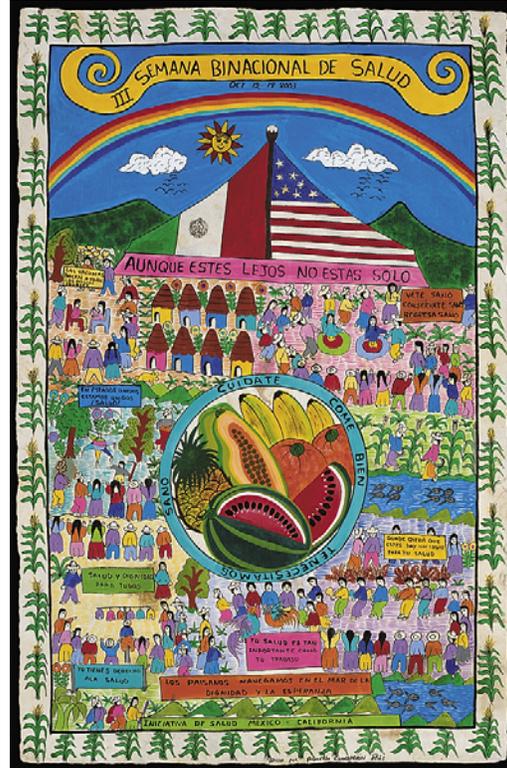
- The 'promotores/as' who use this manual will be able to continue their in-depth preparation in the field of mental health by using other materials focused on this topic. This manual will hopefully inspire curiosity to learn about other topics related to migration.
- The information included will not enable the reader to make clinical decisions about mental health; such a skill is generally obtained by formal education. A license is needed to certify a person's preparation for clinical work.

MIGRATION AND HEALTH

Why talk about health and coming going to the North? What would happen if a fish were asked what water is?

If a fish could be asked what water is, it might not have an answer. Not because it does not know, but because water makes up its life, every moment and breath, and perhaps the fish has never noticed that this liquid is marvelous. The fish may have never realized that water exists because it has always lived completely surrounded by it.

Asking a fish what water is can be compared to asking a person how it feels to be Mexican or to be from another country. Many people have never sat down to think about what it means to be from their native village, how it feels, how to explain in words what it is like to be from Michoacán, Guerrero, or Chiapas. People go on living their lives, working or looking for work, and trying to survive, yet, when they leave their "water," that is to say, their land, they start to feel like a fish out of water for the first time. They miss all the things that they never used to think about.



The life of a migrant/immigrant who travels to distant places in search of a better job can be compared to the life of a fish that is completely unaware of the existence of water until it is taken out of it. For this reason, the following pages deal with the stories of people who come and go, and how the experiences involved affect life and health, for better or for worse.

Looking at people's health through these changes can help you, as 'promotores/as', to be better prepared to help 'paisanos' progress, bearing in mind that health is affected by the simple experience of constant travel from place to place. Passing to the "other side" changes how people live, eat, feel, and think, all of which can affect their health.

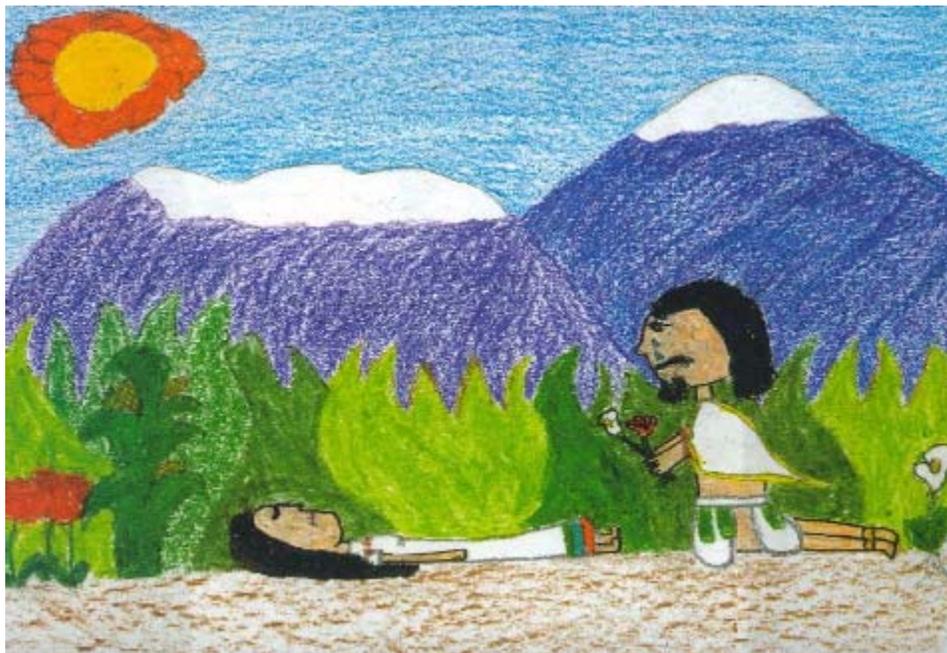
If you have ever seen a rock in a river, you may have noticed how it has been shaped by the water. The rock, no matter how hard it may be, yields to the force of the water that flows over it every day. At first, it may appear that the hardness of the rock cannot be affected by anything, but over time, the water gradually reforms it.

It can be said that a people like rocks because it seems that nothing can change them. However, the events of life, such as moving to another

country, adjusting to a new place, and living new experiences, change us day by day. The circumstances of life are like the water—every day they affect people, sometimes just rubbing lightly, and at other times hitting them hard, like a strong torrent.

The experience of leaving one's country of birth to go to the United States changes 'paisanos' in many ways, and sometimes they are not even aware of it. For this reason, 'promotores/as' need to be alert to the ways in which people who have recently arrived are at greater risk of becoming ill, feeling depressed, reverting to bad habits, not eating properly, and even contracting infectious diseases.

STRESS AND MENTAL HEALTH



Tania Carolina Medrano

Section Overview

In this section you will gain an understanding that stress is a sensation that all people feel, and that there are different ways of managing this emotional tension. Although many people turn to healthy ways of dealing with stress, others try to cope in ways that are harmful to them or others. Understanding feelings and reactions to stress will help you to respond better to the health risks that migrants/immigrants face.

Learning Objectives

After reading the section about stress, you will be able to:

- Identify ways that people escape from the problems in their lives.
- Explain what stress is.
- List some of the most common symptoms or signs of stress.
- Describe types of stress caused by migration.

After reading the section about mental health problems, you will be able to:

- State the difference between mental health problems and mental illnesses or disorders.
- Name feelings or symptoms that are often associated with depression.
- Provide examples of symptoms or feelings related to anxiety.

After reading the section about alcohol as a source of relief, you will be able to:

- Identify some of the problems that alcohol use/abuse can cause for individual drinkers or for others around them.

After reading the section about violence towards women and children, you will be able to:

- Describe some of the obstacles that migrants/immigrants experience in family violence situations.

Health Message

Stress can create many physical and emotional symptoms, and can contribute to mental health problems or disorders such as depression and anxiety. Behaviors like alcohol use or family violence can make mental health problems even worse among individuals and their loved ones.

Reflections

A familiar example to aid understanding: think about a pressure cooker for cooking beans.



Imagine a pressure cooker full of water that is on a stove over the fire. Suppose that there is gas, the stove is lit, and the flames start to heat the pressure cooker. In this case, the pressure cooker represents a person, and the flames represent the person's problems [2].

A person's problems may have many different causes, including the following:

- Physical (pain, hunger, thirst, injury)
- Emotional (sadness, anger, fear, confusion)
- Family (indifference, arguments, parental neglect)
- Economic (lack of money for essential items)
- Work (lack of work, poorly-paid work)
- Social (poor friendships, lack of friendships, loneliness)

In the example above, the flames represent the problems of daily life. They heat the water, which produces vapor. The vapor has to be released in order to prevent the pressure cooker from exploding. In order to stop pressure from building inside one's head (the pressure cooker) one needs to have escape holes that open to release their problems. With the accumulation of problems the internal pressure increases, and if the escape holes do not open, it can explode, even though the flames may be small.

The escape holes in a person's life may be:

Healthy:	Unhealthy:
<ul style="list-style-type: none"> • Communication • Affection, love, and understanding of loved ones • Rest and sleep • Exercise or sport • Study or work • Religion or goals 	<ul style="list-style-type: none"> • Medicine, alcohol, or drugs • Aggression or violence

When these holes are closed, too much pressure builds up and this constant pressure is what is known as stress. It is through these holes that a person may solve his problems or find the support that he needs to recover. However, as depicted in the above chart, some escape holes are healthier than others.

In the following sections, bear in mind how you can encourage 'paisanos' to look for healthy 'holes' so that too much pressure does not accumulate in their 'pressure cookers'.

*** What are some things that people do to escape from the problems in their lives?**

Stress

You have probably heard the word "stress," which is simply one way in which the body and mind react to difficult situations that occur in life. For example, when a young man proposes marriage to his girlfriend and she says yes, as a consequence to this happiness he may experience changes in the body. He may fear this new responsibility, or be unable to sleep or eat properly because he is thinking about the big decision that he has just made. One could say that this man is "stressed," which is the result of his feelings of fear, and lack of sleep and appetite. For a short time, the decision to marry turned up the flame of this young person's pressure cooker, causing the stress to increase.

Stress can be caused by emotional experiences or events, such as confronting a new situation, crossing the border, arriving without money, getting into an argument, starting a new job, or seeing a family member after a long absence. Stress can also be caused by physical experiences, such as illness or injury. Tiredness is also a big source of physical stress; when too much is demanded of the body, there is less time and energy available for the body to rest and repair itself.

Sources of stress are everything that causes worry, whether for good or bad reasons; they simply turn up the flames of the fire. Many times people feel worried about problems that never actually happen, but such imaginary worries are just as stressful as real ones. It makes no difference whether the event is good or bad, real or imaginary – stress is the body's reaction to any change in one's daily life.

Common symptoms and signs of stress include [3]:

- Stomachache
- Headache
- Difficulty concentrating
- Difficulty sleeping (insomnia)
- Lack of appetite, or feeling hungry all the time
- Using or abusing alcohol, drugs, or cigarettes
- Tension in the muscles
- Sweating more than normal
- Increased heart rate
- Sexual problems
- Feelings of anxiety and agitation
- Depression (sadness, crying easily)
- Irritability (being annoyed easily), excessive anger
- Frequent colds, flu, and other infections

What is stress, and what are some of the common symptoms or signs of stress?

Many people become stressed without realizing it. Migrant/immigrant workers who are busy working may not notice that coming and going between one place and another – between houses, states, harvests, and countries – brings many changes to their lives and health. Often they do not even think about this because every day new people arrive and others return; coming and going is part of their lives. Each phase of migration that a

person passes through is full of changes and therefore can cause a lot of stress.

Helping people recognize that some situations they confront are making them feel stressed can be the first step to teaching them how to manage the situation. It is clear that we all feel stress, however not everyone manages stress in the same way; this is where the promotor/a can make a big impact. You cannot remove all the stress from people’s lives, but you can teach them how to handle it healthfully.

The stresses caused by migration can diminish many of migrants’/immigrants’ resources to deal with their emotional and physical symptoms. The types of resources that are affected by migration include the following:

- Economic (money to meet basic needs or get help with stress and health problems)
- Social (sources of support, information, and advice)
- Psychological (hope, self-esteem, coping skills)

Examples of Stress Caused By Migration [4]:

<p>Separation from family, friends, neighbors, and one’s place of origin</p> <p>Migrants/immigrants leave that which is dear and familiar to them, especially their loved ones (children, spouse, extended family, friends). Not knowing if or when they will see their loved ones again causes sadness and worry; it is also more difficult for migrants/immigrants to get emotional support during hard times while they are far away from their homes.</p>	<p>The migratory journey</p> <p>The journey across the border can be a long and dangerous one, filled with many uncertainties, especially when a person crosses the border illegally. It is also stressful to wait for and worry about one’s friends or family who are coming and going across the border.</p>
<p>Difficulties adjusting to life in a new place</p> <p>Migrants/immigrants are often unable to communicate because of language barriers. They may also struggle to find safe and stable housing, food, and transportation. Dealing with these hardships and with the loss of their community and cultural ties (customs, traditions, values), can cause fear, isolation, loneliness, and worry.</p>	<p>Difficult work conditions</p> <p>Stable work can be hard to find, and the types of work that migrants/immigrants find are often dangerous and physically demanding. Long hours, no days off, unsafe conditions, low pay, and discrimination in the workplace can lead to tiredness, frustration, and other symptoms of physical and emotional stress.</p>

Financial problems	Family concerns
<p>Many migrants/immigrants leave their countries for the promise of a better life for themselves and their families. Better economic opportunities often exist in the U.S., but the wages that migrants/immigrants make often will not even cover their basic needs. Also, many migrants/immigrants live with the pressure of having to send money back home and/or to pay loans that they took out in order to be able to come to the U.S.</p>	<p>When migrants/immigrants come to the U.S. with their families, they become especially worried about their children – their schooling, how they will be supervised when parents are working, and what values they will learn in a new place. Also, violence or alcohol and drug use in the home or the community can lead to feelings of fear and helplessness.</p>

What types of stresses are caused by migration?

When people face several and/or intense stresses such as migration, and their resources are limited or their situation is complicated by lacking the necessary documentation to receive services in the U.S., they are at higher risk for mental health problems.

The Range of Mental Health



Balanced
Emotional
State

Mental Health
Problems
(stress, minor
anxiety or
depression)

Mental
Disorders or
Illness
(severe
anxiety or
depression)

Mental Health
Crisis (danger
to self or
others)

It is common for every person to experience some type of mental health issues or problems during life because of stressful circumstances such as a lack of money, arguments with friends or family, or the death of a loved one. These common types of stress can cause sadness, worry, other negative feelings, and physical health problems.

Although *mental health problems* such as these can be very troubling, they are usually mild and/or temporary in comparison to *mental illnesses and disorders*, which are severe and long-term. *Mental illnesses and disorders* are not as common, and differ from everyday stress and *mental health problems* because they cause significant suffering and damage a person’s ability to function normally at home, work, school, and in social relationships [5].

It is not unusual for people to suffer from more than one mental health problem or disorder at the same time, for example, someone who feels very stressed and sad may also develop a problem with alcohol or drugs.

A migrant's own history of unhealthy coping methods or mental health problems and disorders, contributes to the types of problems they might experience as they live through the migration process. For example, a person who has felt sick with depression in the past might be especially likely to feel depression again due to the strain of migration.

Did you know?

- In a survey of California farmworkers of Mexican origin, 8 out of 10 people said they needed relief from stress and worry. In addition to socializing, drinking alcohol, playing sports, or taking medications, some people simply did nothing to treat their symptoms, and none of them had used formal mental health services [6].
- Mexican immigrant adults experience fewer mental disorders than U.S.-born Mexican-Americans [7].
- Mental health problems or disorders do not recognize borders or boundaries. The risk of mental health problems can be greater for those who experience extremely stressful and traumatizing events and circumstances, such as the migration process. Although not much research has been done on the mental health of migrants/immigrants in the U.S., especially migrant farmworkers, studies do point to high risks among migrants/immigrants for depression, anxiety, the abuse of alcohol, and violence toward women and children [4].

What is the difference between mental health problems and mental illnesses or disorders?

Depression

Some common symptoms of depression that people experience are feelings of sadness, shame, low energy, loneliness, and loss of interest in everyday activities.

Other symptoms of depression can include:

- | | |
|--|--|
| • Difficulty concentrating | • A loss or gain in weight |
| • Sleeping less or more than normal | • Feeling restless or agitated |
| • Feeling hopeless, worthless, or guilty | • Thoughts of harming or killing oneself |

When someone suffers from many symptoms of depression during most days for two weeks or more, or if they are thinking about or planning suicide, it is essential for them to get professional help [5].

What are some of the feelings or symptoms that are often associated with depression?

Why do migrants/immigrants become depressed? Migration is a particularly stressful event that can put migrants/immigrants at higher risk for depression. The shock of adjusting to a new culture and surroundings can make migrants/immigrants feel isolated, alone, and sad. Because family and group ties are especially valued within Latino cultures, migrants/immigrants with little support from family and friends might be more likely to become depressed [4].

Remember that not all migrants/immigrants experience depression, and serious depression that requires medical attention is rare. Also, there are many depressed people who have not gone through the migration process, which shows us that depression can be triggered by other reasons besides migration. Peoples' bodies and minds work in different ways – a family history of depression, a personal history of depression before migration, physical diseases or other disorders, negative thoughts about oneself, or the use or abuse of alcohol or drugs, including medication – can all lead to depression.

It is important to know that depression:

- can affect anyone at any age
- is common at some point in everyone's life, but can become such a burden for some that they become "sick," which makes it difficult for them to carry out daily activities
- results in many types of physical and mental symptoms, which sometimes makes the illness hard to recognize and understand
- can manifest itself in different and less obvious ways among children.
- can be treated (usually with medication and/or counseling).
- is not related to and does not develop into insanity.

Anxiety

Like occasional depression, anxiety (worry, tension, nervousness, uneasiness) is common at different points in life, and can result in many different symptoms, including:

- | | |
|--------------------|---|
| • Faster heartbeat | • Trouble sleeping |
| • Sweating | • Irritability |
| • Dizziness | • Tightening in the chest |
| • Feeling jittery | • Aches or pains in the stomach, head, and neck |

The migration process can lead to new situations, dangers, unpleasant surprises, and separation from loved ones. These factors can cause anxiety, as can other life events or differences within a person's body, mind, or environment. The anxiety that some people feel can be so troubling that they develop anxiety disorder.

Problems of "post-traumatic" stress can occur among people who have experienced terrifying events such as: serious accidents, natural disasters (floods, earthquakes), or violent attacks (rape, war, torture). Migrants/immigrants may be at a greater risk of experiencing severe anxiety, because of traumatic or frightening events that they may have had in their country of origin, during border crossing, or at other times during the migration process.

People with intense anxiety following trauma are often bothered by nightmares, thoughts, images, sounds, smells, or feelings that make them feel like the traumatic event is happening all over again. This type of anxiety can cause difficulty in sleeping, and leads people to feel emotionally numb, depressed, disinterested, irritable, aggressive, or easily startled. Ordinary events or anniversaries of the event can remind people of the trauma, which trigger symptoms and cause some to avoid certain places or situations that bring back those memories [5].

What are some examples of symptoms or feelings related to anxiety?

Alcohol as a Source of Relief

Feelings of loneliness, sadness, anxiety, and separation from everything that has given them joy and security in life, such as family and friends, causes people to look for other ways of filling the emptiness that they feel. When migrants/immigrants, especially men, are under too much pressure from stress and mental health problems or disorders, they may try to reduce the pressure by drinking alcohol. Drinking to "drown one's sorrows" is a common saying, and the habit of drinking a few beers after a long day's work is so common that people see it as normal.

Alcohol affects people in different ways, and the way in which it affects them depends upon many things. People who are under the influence of alcohol may feel relaxed and free to speak and say what they feel. They may even feel suddenly happy and forget their sadness. These feelings are only passing effects, but can change people's behavior. Alcohol use can cause people to do things that they would not do if they were sober, and can put them in many dangerous situations such as accidents, fights, and sexual relations without protection (without a condom) [3].

Remember that alcohol does not have the same effect for all people; not everyone who drinks feels happy or relaxed. To the contrary, people who drink can become aggressive and/or sad. What is certain is that an excess of alcohol can cause liver problems and can put one's job, family relations, and friendships in danger.

A young migrant who drinks alcohol can face even higher risks for many reasons. He may be alone for the first time and feel all the freedom in the world because he is far from his family and is earning money through work which he can spend as he wishes. He may make decisions that put him in danger, such as drinking too much in order to feel more mature and independent. The younger migrant/immigrant may feel shy and easily give in to the pressures of new friends – for example, invitations to drink more beer even though he is not used to doing so – because he wants to feel like a part of the group.

Did you know?

- Hispanic Americans use alcohol at about the same rates as non-Hispanic Whites. Few Hispanic women use alcohol and other drugs, compared to Hispanic men who use substances much more often. For both men and women, more U.S.-born Mexican Americans use substances compared to Mexico-born immigrants [7].
- In the U.S., about half of all crimes, violent crimes (especially rape and sexual assaults), and deaths from traffic accidents are alcohol-related [8].

The Range of Alcohol Use



Alcohol Use
(social drinking,
without problems)

Alcohol Abuse
(problem drinking)

Alcohol Dependence
(Alcoholism)

Alcohol forms a part of many celebrations, from baptisms to weddings, and many people drink without developing problems. However, some people *abuse* alcohol, which means that they continue to drink even though it causes significant problems in their lives, such as accidents, arrests, poor job or school performance, or difficulties with their family and friends.

Some people abuse alcohol to the point that their bodies and minds become *dependent* on it, which is known as alcoholism. People who depend on alcohol need to keep drinking more and more to feel the same effects, and when they stop drinking regularly, they feel sick. These people have trouble cutting down or controlling their consumption, and continue to drink a lot of alcohol even though this disrupts their lives.

What are some of the most common problems that alcohol abuse causes for individual drinkers and those around them?

Violence Towards Women and Children

When pressure is high in a person's life, he can become frustrated, aggressive, and violent – often towards the people he loves. Violence can be both a cause and a result of stress and other mental health problems such as depression, anxiety, and alcohol abuse. Like alcohol, violence is sometimes used as a way to try to relieve tension caused by the stress that people feel in their lives, even though the relief is only temporary. However, violence is not a healthy way for an individual to manage problems, and inflicts physical and mental health problems onto his victims.

Violence among intimate partners includes real or threatened physical, sexual, psychological or emotional, and/or financial abuse towards a current or past spouse, boyfriend, girlfriend, or dating partner [9].

A few examples of abuse include:

- | | |
|---|---|
| <ul style="list-style-type: none">• Hitting or pushing• Name-calling or putdowns• Stopping a partner from getting or keeping a job• Intimidating a partner | <ul style="list-style-type: none">• Withholding money• Rape or other unwanted sexual activity• Preventing a partner from contacting their family or friends• Stalking or closely watching over a partner |
|---|---|

Abusers and victims can be of any age, gender, race, culture, sexual orientation, religion, education, employment or marital status. Although both men and women can be abused, most victims are women. Children in homes where violence occurs among intimate partners are more likely to be physically, sexually, or emotionally abused and/or neglected, and also may suffer from emotional and behavior problems.

Did you know?

- Thirty-four percent (34%) of Latinas reported that they had experienced domestic violence in the U.S., in their country of origin, or both – according to a survey by the Immigrant Women's Task Force of the Northern California Coalition for Immigrant Rights [10].
- Migrant children are abused or neglected at rates three times as high as those children in the general population in some U.S. states [4].

Migrant/immigrant women and children can be at an especially high risk of being victims of violence because of the stressful conditions that their partners or parents experience in the migration process. An abuser will often threaten to report undocumented migrants/ immigrants to immigration services, in order to control their behavior and prevent them from getting help.

Other challenges that make escaping violent relationships or obtaining services difficult for migrants/immigrants include:

- Isolation (lack of access to friends and family, a telephone, or transportation)
- “Macho” beliefs or customs that validate violence as a right, or as a form of control over women and children
- The lack of domestic violence prevention services, or the high costs of medical care
- Lack of a job and/or money to live independently
- Language barriers
- Cultural values that discourage separation or divorce, as well as getting help outside of the family
- Fear of using services due to immigration/citizenship status

What are some of the significant challenges facing migrants/immigrants in violent family situations?

Conclusions

Latino migrants/immigrants face many difficulties throughout the migration process – they are at risk for stress, depression, anxiety, alcohol abuse, and domestic violence – all of which can affect many aspects of migrants’/immigrants’ health and well-being. When they experience these troubles, migrants/immigrants do not often have access to or use mental health services. As a ‘promotor/a’, you can use your knowledge and cultural sensitivity to pass on much-needed information and education about mental health issues to the people you work with. It is a marvelous opportunity, so take advantage of it!

‘Vivencias’

“My wife and my three kids are still in Guanajuato, but I needed to come here to find work to support my family. I have found some work, but I need to find a full-time job to make more money. It’s hard to concentrate while I’m working – I feel nervous and I’m tired because I don’t sleep well here. Many times I remember being back in the desert crossing the border where it was so hot; I saw a woman die there because we didn’t have any water and she was so sick from the heat. Thinking about her over and over again makes me feel like I’m going crazy.”

“One year ago I came from Queretaro to cross the border. It was so horrible, I’ve never told anyone what happened to me. A man that said he was with the “coyotes” raped me. After it happened, I

didn't know what to do – I was scared and I didn't know anyone who could help me so I just tried to forget what happened. But even after all of this time I can't stop thinking about it and I wake up with terrible nightmares.”

“Seven months ago I brought my three children with me across the border so we could finally be together again with my husband after four years apart. I was so excited to start our life together here, but everything is different. He drinks too much on the weekends and yells and hits me when he gets home. My children have seen this happen so many times, and I'm afraid for them to watch this, or maybe he will hurt them too. He keeps telling me if I talk to anyone about this he will call the police to take me away because I don't have papers. I'm very afraid to get sent back to Mexico, because I don't know what will happen to my kids.”

“Last night I got into a big argument with my husband about his second wife in Mexico. He kicked me and punched me in the stomach. We fight about this all the time, but last night it was worse because he told me that he could have as many wives as he wanted, and then he told me that if I ever try to leave him he will find me and kill me. I am very worried -- I don't think I'm safe at home but I just came to the U.S. and I don't know anyone. I don't have any papers or speak English, and I don't know what to do.”

Ideas for 'Promotores/as'

- When talking to a migrant/immigrant, keep in mind the following questions to assess his living situation and mental health needs:
- How did you plan your migration? How long did it take you to plan?
- Had others already migrated from your town or city in the past?
- What was your experience crossing the border? How do you think the crossing has affected you?
- Did you leave children or a spouse behind? How are you feeling about being away from your family? Have you spoken with them since you arrived to the U.S.? When do you think you will see them again?
- Where are you staying? Do you have food to eat?
- Are you working? Do you have a steady income?
- Do you feel worried? What about?
- Do you feel sad? Why do you think you feel that way?
- Have you been able to talk with someone about your feelings?
- Do you think you might need more help? If so, do you know where you can go to get help or talk to someone?

- Do you think you need medical care?
- What health condition do you think you have? What do you think caused it? What have you done to treat it [11]?
- Learn how to identify a mental health crisis so you can send or refer someone to help immediately. A mental health crisis is when someone's mental health is so unstable that a person becomes a danger to him/herself or others. A person in crisis might: think or talk about, actively plan, or attempt suicide; have difficulty with basic personal care (eating, bathing, dressing); be involved in a dangerous abusive situation; behave strangely (see or hear things that aren't there, become extremely angry); or abuse alcohol or drugs in a way that causes immediate danger.

THE PHASES OF MIGRATION



Juan Pablo Villa

Section Overview

Many people migrate each year, crossing borders and experiencing events and feelings that result in important changes in the lives of the migrants/immigrants themselves, and their families. The migration story of each 'paisano' can vary, depending upon their age, gender, place of origin, and many other factors. For example, some arrive legally, others do not. Some view migration as a positive or wanted change, others are forced into migration or feel negatively about it. Some go alone, others leave with their families. Some migrate for a short period and return home, others continue coming and going over the months or years, and still others plan to stay permanently in the new country. Despite the unique characteristics of each migrant's/immigrant's story, there are still many things that are common among the majority of people who move between countries, states, and harvests.

Learning Objective

When a migrant passes through each stage, he may experience situations that put him in greater danger for different types of health problems. Each stage can expose a person to more risks, which makes him more vulnerable and defenseless, thereby increasing his chances of becoming ill. Therefore, details of each stage of migration are discussed in this manual, including the health problems that occur, and suggestions for reducing the risks and preventing situations that endanger health.

Health Message

While pain, sadness, and ill health are often associated with the migration process, it must also be recognized that much of the negative can be balanced by the positive. That is, a 'paisano' can be physically and mentally strong, and capable of finding ways to cope in extremely challenging situations. 'Paisanos' are survivors, with hope, faith, and dreams. In order to promote good health and well-being, it is equally important that you identify

and build upon each migrant's/immigrant's strengths and capacity for changes.

Keep in mind that many of the 'paisanos' with whom 'promotores/as' work with will have strong feelings and reactions, both negative and positive, in response to stories or discussions about the migration process. Some will feel relieved to share their feelings and others will be disturbed upon recalling frightening or sad events. Although 'promotores/as' may be aware of these reactions when talking with migrants one on one or in groups, remember that mental health problems or emotions are very hard for people to talk about. Especially in Latino cultures, discussing private emotional matters outside of the family can be considered improper or as a sign of weakness. Many times, the chance to speak with a 'promotor/a' will be a migrant's only opportunity to discuss his hardships, struggles, doubts, and personal stories. Becoming familiar with the histories and customs of 'paisanos' will help 'promotores/as' work with their problems and concerns in the most sensitive way. Never forget that attentive listening, trust, understanding, acceptance, affection, and good advice can be enormous sources of consolation. When dealing with human beings, we cannot afford to be indifferent; the role of the promotor/a is extremely valuable.

In order to understand the changes and consequences of coming and going between countries, it is helpful to briefly talk about the stages through which migrants/immigrants pass [12-14]:

Preparing for Departure

Preparing to migrate is often a well thought-out process that involves the individual, his family, friends, and acquaintances. Most people migrate in search of better work and higher pay, while others come out of curiosity or to join family members. The precise time of departure is determined by a number of different factors, such as access to enough money to pay for the crossing. However, some migrants may have a very short time to prepare for leaving, especially when they are forced to escape violent or other harsh political situations.

Reorganization in the Family

Starting even before the migrant/immigrant leaves and continuing while they are gone, the families and friends that remain in the home country develop new rules about how things will be done while the migrant/immigrant is gone. The women and children who are left behind are forced to make many adjustments as they learn to live their daily lives without their loved ones, such as assuming non-traditional jobs in order to survive.

Crossing

Border crossing is a physical and symbolic separation – a transitional phase that is full of fear and uncertainty, regardless of whether the migrant/immigrant is crossing with or without legal papers. If a migrant/immigrant is undocumented, the border crossing can involve paying a large sum to a "coyote," or "border specialist," who organizes the journey.

A migrant/immigrant will discuss and determine crossing strategies with the coyote, and then wait anxiously for the crossing. Undocumented migrants/immigrants can cross many borders and new environments on the way to their destination, often encountering violence, immigration patrols, and other dangers.

First Impressions

Survival and meeting basic needs are the most important and immediate tasks upon arrival. When a migrant/immigrant first comes to the U.S., he often feels shock as he faces a life that is new and unknown, and he might experience a different sense of reality, as if he were in a dream or nightmare. A new location offers many challenges --adjustments to a new language, places, people and customs, and for those who are undocumented, the constant threat of being deported.

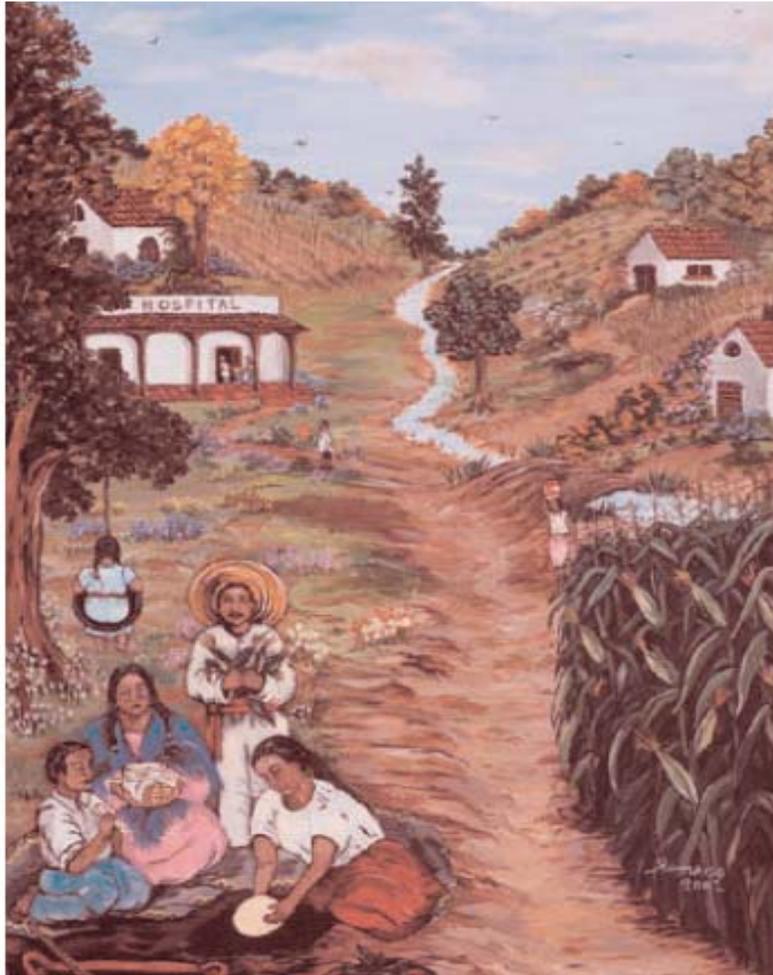
Staying in a New Country

If a migrant/immigrant decides to stay in the U.S., he must begin the process of integrating into the new society, which involves finding work, learning some English, getting to know the local culture, and establishing ties among family, friends, and other 'paisanos'. Few migrants/immigrants gain legal resident status and many remain isolated from the new society regardless of their length of stay or immigration. This period of adjustment and identity development is an ongoing process and can be a particularly difficult time for a migrant/immigrant since he is continually facing situations and environments that he did not expect to encounter in the U.S.

Returning

Many migrants/immigrants will decide to return home after a few months or years, motivated by family, work, new opportunities, or because things have not worked out as they had planned. The adjustment process continues when the migrant/immigrant returns home to find that they themselves have changed just as much as the life they left behind. The return home can be temporary, and the migration process can be repeated several times.

PREPARING FOR DEPARTURE



Ramona Castro

Section Overview

This section will illustrate the pressure and fear one feels when starting to plan for departure, and how this pressure can affect mental health, hence the decisions that a person makes.

Learning Objective

After reading this section, you will be able to describe why preparing to go to live or work in another country can cause stress.

Health Message

Planning a journey causes stress and anxiety, both sources of emotional tension that affect a person's mood.

Reflections

A migrant's/immigrant's decision to leave his village or city can be one of the most important decisions of his life. Sometimes the decision is not his to make, but he must accompany his family. A migrant/immigrant leaves everything behind, above all, that which is familiar to him. It makes no

difference whether his village or city is big or small, ugly or pretty—it is his. It is where he has walked the streets since he was small, the place he knows and where everyone knows him. He knows where everything is: the pharmacy, the general store, the church, and the doctor. He also knows what goes on throughout the year, and when the festivals and events take place. A migrant/immigrant leaves this security for a new, entirely unknown territory where he must relearn everything.

A 'paisano' who is thinking about crossing must first make sure that he is in good health, for example, he must eat and rest well for the journey. Secondly, he needs to think about all the risks related to crossing through dangerous areas. Nothing is more important than health and life itself.

Why can preparing for the migratory journey cause stress?

'Vivencias'

These short 'vivencias' are only examples of the many stories that can be shared:

"When I started to think about coming to the North, a cousin told me that the crossing was difficult – but I knew that lots of people had crossed, so I wasn't going to be the only one not to do it. Well, when the time was approaching I could hardly sleep and I was very bad-tempered. Afterwards it was very painful saying goodbye to my girlfriend."

"When I started to say goodbye to my mother, I felt butterflies in my stomach. I was going to go to the other side and I didn't know if I would see her again or not. I was pleased because I was going and I had already gone months without work, and I could see that the situation was continuing to get more difficult. My older brothers could not keep giving me meals when they didn't even have enough for their own children, and that is where the quarrels began. Poverty can make people continue to care for each other, but sometimes you argue because there are so many problems."

Conclusions

Preparing to go on a long journey can cause a great deal of stress for the person that is going to travel and for those who remain behind. There are not only individual reasons for leaving – many people have the same problems caused by poverty: lack of work, the lack of seeds to grow, drought, or the lack of tools to work the crops on their land. The problems that arise from migration do not just affect individuals, but many people, and therefore create a social issue. The 'paisano' who migrates in search of a better future for his family has tremendous courage and determination, and deserves to be treated with respect and dignity wherever he goes.

Ideas for 'Promotores/as'

- Provide advice to 'paisanos', who are going through this phase of migration, that will give them the knowledge they need to make better decisions for their health. Remember that it is possible that the people with whom you are talking have already experienced all phases of the migration process.
- Ask the participants in the group how they felt when they were thinking about migrating, and if they wish to share their own experiences. Likewise, you can share a song with them that talks about leaving and saying goodbye.
- Invite the participants to say if they felt the same way as expressed in the songs or the 'vivencias', and why. This activity can also be used to make people think about why they left their regions.
- Write down on a piece of paper or on a blackboard all of the reasons why people come to the U.S.
- Advise 'paisanos' to think about what they will encounter during the migration process, in order to prepare them to cope with the stress that they will experience. Some ideas for discussion include the following [13]:
- Loneliness and anxiety are normal feelings during migration.
- Keeping in contact with family and old friends while they are away, and carrying familiar and meaningful objects with them, can help them feel supported and connected to home during hard times.
- Trying to learn some basic English or things about the culture and customs in the U.S. will help them survive, especially when they first arrive.

REORGANIZATION IN THE FAMILY



Juan Pablo Villa Barragán

Section Overview

This section will illustrate the tension and fear that a family feels during the absence of one of its members, and how this situation affects organization within the home.

Learning Objective

After reading this section, you will be able to explain why the family members can experience stress as they remain home while the migrant/immigrant is away.

Health Message

The loneliness, anxiety, and sadness that the migrants'/immigrants' families feel can be detrimental to their moods and health.

Reflections

A family member's decision to migrate can cause unpleasant feelings, including fear, sadness, and anxiety, for those who stay behind. The absence of a family member also requires the adjustment of responsibilities within the home, such as: caring for children or relatives, earning money to support the family (especially just after the migrant/immigrant has left, and is not yet able to send money home), making sure the children attend school, dividing up the housework, involving the children in work activities so they can earn a

few extra dollars, etc. This situation creates physical and emotional exhaustion, as the family left behind worries about the absent loved. As they struggle to maintain the home, they worry about the relationship with their loved one across the distance, his well-being, and that they may never see him again. These worries are fueled by the lack of communication between migrants/immigrants and their families.

A woman who remains behind can face the possibility of taking on roles and decision-making that have traditionally been the responsibility of man. This shift can cause her to become more independent and consequently recognize her full potential as a woman.

What changes can take place within the family when the migrant/immigrant leaves, and how can these changes cause stress?

'Vivencias'

These short 'vivencias' are only examples of the many stories that can be shared:

"I stayed here and continued working in the fields to support the children. He left in September, I remember that because in some places the ears of corn had already started to grow. We waited...after a month and a half and still no news. About a month later he called on the telephone to say that he had been in the United States. He could not help us because he still wasn't making money, but at least we knew he had arrived. After seven months there he sent us money, at that time he sent \$150.00. I continued working. My son Silvano was also here, working with his uncle Jacinto; he gave him thirty pesos, sometimes fifty pesos each day."

"The fastest work I could do to support us was pulling husks from corn (to make tamales) and selling them. I did this with people who invited me to join them. I picked ten bunches daily. Sometimes we made sixty or seventy pesos so they gave me thirty-five, because we were splitting the profits in half."

Conclusions

When a family loses one of its members to migration, it can cause a great amount of stress, especially when economic resources to cover basic needs are scarce. Because most migrants are men, in order to ensure the survival of the family, women must assume all responsibilities. This includes reorganizing the housework and the roles that were previously performed by the person who has left. This experience has physical and emotional costs, and can result in depression, anxiety, or other negative effects on the family members' health.

Ideas for 'Promotores/as'

- Write on a sheet of paper some of the problems families face when one of their family members is absent.
- Ask the group participants if they would like to share their experiences of how they felt when they were in the situations described above, and how they managed them.
- Invite the participants to analyze the importance of maintaining communication with their families and staying tied to the happenings of the communities they came from. Encourage the 'paisanos' to find communication mediums that allow them to have the most contact with their loved ones.

CROSSING



Juan Pablo Villa Barragán

Section Overview

This section will illustrate that crossing the border – above all when it is done without documents and/or with a “coyote” – can put the health or even the life of a person at risk.

Learning Objectives

After reading this section, you will be able to:

- Describe some of the common health risks that can come about during border crossing.
- Identify some symptoms of stress or illness that a person can have during or after border crossing.

Health Message

When a migrant/immigrant crosses the border in whatever way possible (at any cost), he can be exposed to dangerous terrain such as deserts, rivers, or drains. The extreme conditions of the crossing expose migrants/immigrants to risks that may even lead to death

Reflections

"Crossing the U.S.-Mexican border when I was 26 was one of the most horrendous experiences of my life and this experience still lives with me."

-Gustavo, age 34, Fresno, California.

Sometimes when meeting with family and friends, a migrant/immigrant will begin to tell the story of how he crossed the border – how he got to the U.S., and above all if he did it "without documents." For many people, it is one of several crossings full of fear, sweat, hunger and thirst, of cold and sweltering heat, but always of much determination, tension, and luck.

Although brutal conditions such as physical exhaustion, extreme heat and cold, thirst, hunger, discomfort, tension, and fear characterize the journey of many to the U.S., they are not the only important factors involved. Every detail in each of the migrant/immigrant's decision to cross holds significance in his life.

When a person has had to cross, confronting many physical dangers, it is important that he recover physically. Resting, eating properly, and drinking a lot of liquid in order to recover physical strength is very important in order to prevent illnesses, such as colds and other infections, that take advantage of weak bodies. Just as important as the physical side, a 'paisano' who has recently arrived may want to talk about everything that he has just been through. If the necessary trust exists, encourage the 'paisano' to express his feelings and that he should appreciate that he has endured a very difficult experience. He must understand the possibility of various reactions that he might have, such as difficulty in sleeping and eating, stomachaches and headaches, nightmares, muscles pains, and feelings of fear and anxiety.

If a migrant/immigrant does not feel well after crossing, it is very important that he attend a community clinic for examination. Going several days without eating or drinking water can destabilize the body greatly. Other 'paisanos' may become sick from too much sun and heat, cold temperatures or even insect or animals bites. Any injury should be treated appropriately so that infection does not occur, and possibly lead to serious consequences.

What are some health risks that often come about during border crossing?

What symptoms of stress or illness might a person have during or after border crossing?

'Vivencias'

These short 'vivencias' are only examples of the many stories that can be shared:

"When I crossed I did it without papers, using a guide. I remember passing many days waiting in a run-down hotel in Tijuana, with some of the panes of the windows broken. It was dark, small, and smelly. I was so nervous that one night while I was waiting the telephone rang and I hit myself on the cheek with the mouthpiece,

and a big bruise appeared. I had to wait for several days until everything was ready.”

Before they buried his son-in-law, Juan Gomez not only felt sadness for his son-in-law but also for himself, because the same fate could easily befall him as well. Don Pedro was burying the third of three ‘paisanos’ that had gone to the North to work about one month before. But they arrived 17 days later in coffins, having died in the crossing. A closed truck with almost 100 migrants had been found at a stop, 19 men suffocated to death.

Conclusions

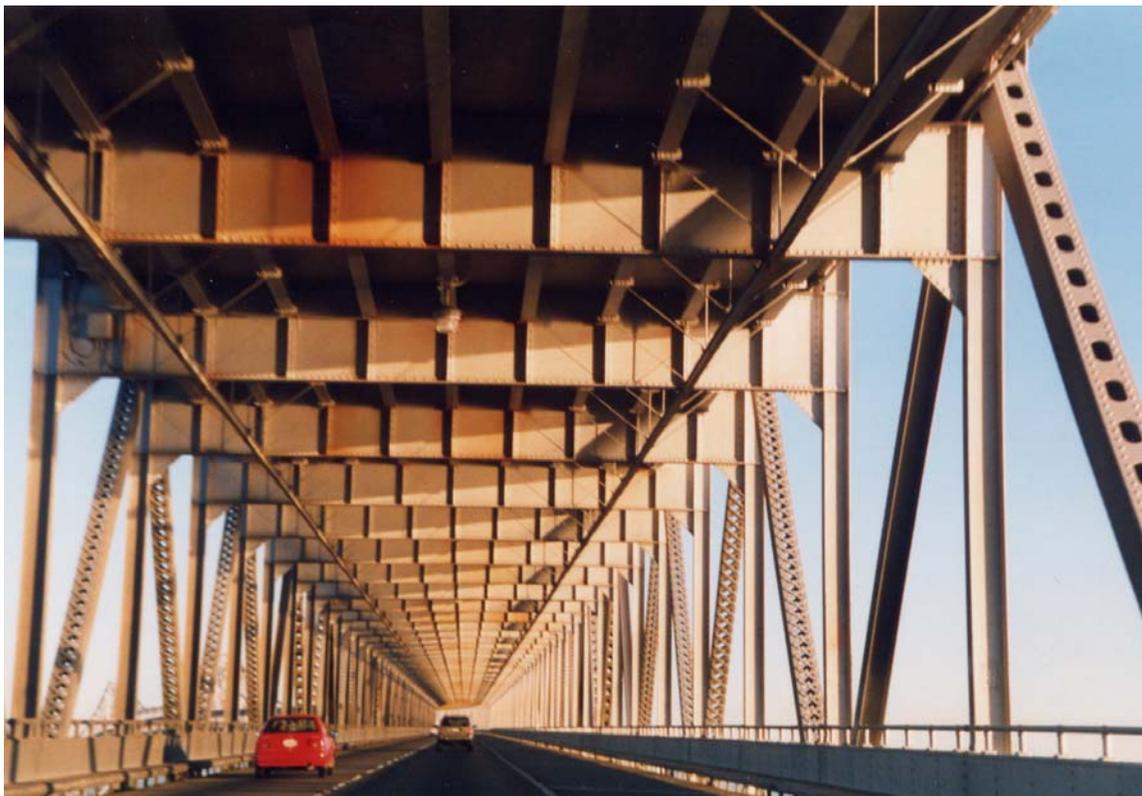
Crossing the border without legal documents can put the health and lives of a migrant/ immigrant at great risk. When a migrant/immigrant first arrives, in addition to recovering physically, he needs to be encouraged to speak about how he feels in order to let his feelings out and realize that these sensations will diminish with time. The simple act of listening attentively on the part of the ‘promotor/a’ or someone else the migrant/ immigrant trusts will always be a great help. However, if ‘paisanos’ continue to have nightmares, shivers, sweating at night, difficulty in concentrating, experience extreme sadness or the urge to cry frequently, then they should be referred to a specialist or a clinic as soon as possible.

Ideas for ‘Promotores/as’

- Encourage each ‘paisano’ to talk, and help him release the tension (pressure) that he felt while crossing the border.
- Urge the person to communicate with family members or friends who can help them to settle down in their new place.
- Write down and distribute copies of your own border crossing experience, or that of somebody you know, in order to share it with migrants/immigrants.

Cut out newspaper reports that talk about the news and the tragedies of people that cross the border. Discuss these reports with the participants and ask them to share their reactions to this news.

FIRST IMPRESSIONS



Xóchitl Castañeda

Section Overview

This section will illustrate that arriving in a new place for the first time with no material resources may put a person in difficult situations, increasing his level of stress and anxiety, and affecting his mental and physical health.

Learning Objectives

After reading this section, you will be able to:

- Describe situations that are common upon arrival in the U.S. and obstacles associated with assimilating to a new environment, which often cause stress or anxiety.
- Name health risks that threaten migrants/immigrants once they arrive in a new place.

Health Message

The stress caused by having made a big change in one's life can affect the mental and physical health of a person even though the person may not be aware of it. New surroundings may make a 'paisano' feel more pressured and stressed. The small details that cause tension in a person's life may make him feel ill, or as if he is not worth much because he cannot function properly in the new society in which he finds himself.

Reflections

When he first arrived, things can seem almost magical for a migrant/immigrant, especially if he escaped negative or dangerous circumstances at home. During the first days and weeks of being in a new environment, a migrant/immigrant may feel happy because he is getting to know new things and people, or are meeting with family members and friends that he has not seen for a long time.

Not everyone feels comfortable in his new surroundings, especially because migration involves leaving everything behind – the bed, the blanket, the bedroom, the house, the block, the neighborhood, the farm or village. Although some come accompanied, many travel alone, with little or no possessions. Once a migrant/immigrant is in the U.S., if he has no relatives or other contacts living in the U.S., finding a food, shelter, and work is vital to survival. A recent arrival faces many different challenges, including the constant worry of being deported, and having to depend on others in order to communicate with English speakers.

Upon arrival, everything is different, even the taste of the water. Although a 'paisano' might have heard many stories about the U.S. from friends or family members who had already migrated, the reality he encounters is never exactly what he had expected. It is also possible that a recent migrant/immigrant is at higher risk for accidents simply because he is unfamiliar with the environment, which can leave him feeling vulnerable and helpless.

A recent migrant/immigrant may not have the money to cover even his most basic needs such as food or a safe place to stay. This can lead to health risks, for example, not eating properly or not drinking enough water. When the body is not well nourished, it is more susceptible to illnesses such as colds and other infections. Another health risk is tension, which can cause disorientation and symptoms of stress.

What are some situations that can cause stress for recently arrived migrants/immigrants?

What health risks often affect migrants/immigrants once they arrive in a new place?

'Vivencias'

These short 'vivencias' are only examples of the many stories that can be shared:

"I didn't have any clothing when I came because, naturally, when I ran across I could not carry anything, not even a photo of my girlfriend. Here, a friend gave me a pair of trousers and a shirt to change into, but it was all I had. I took off one pair and washed the other and that is how I spent my first days."

"When I arrived, I was happy to have gotten here safe and well. At the same time, I was so tired that I only wanted to sleep for several

days. The only problem is that I had pain throughout my body, some needles from the cacti in the desert had become buried in my skin. But I was already here in my aunt's house, I just wanted to take a shower and then sleep, and they gave me a mattress where I spent my first night. The following day I wanted to go about starting to look for work, although I still felt tired and achy. But I didn't even have money to get something to eat, and I didn't want to say to my aunt that I didn't have as much as a peso, much less so in front of my cousins."

"The first time that I took a bus, my hands were sweating because I didn't know how to put the ticket into the machine by the driver's side. Although I tried to give the ticket to the driver, he pointed to the machine, so I put the ticket in and the machine gave it back to me. I felt that everyone was watching me because the machine not only returned my ticket but also whistled. Finally, I took another ticket from my pocket and at last, it went in. Then, I couldn't figure out how to press the bell to get off, until somebody rang the bell for me. I was the only one wanting to get off and the door didn't open, until the people told me to "push" and as I took a long time, the bus took me to the next stop where other people got off. I returned, running the three long extra blocks that the bus had taken me."

"When I got my first check, I had to find a way of cashing it, but without a driver's license, you are no one. Eventually I cashed it, and I was ready to send something to my mother in Mexico. My first time in the post office, well, as the door was closed and it seemed as though those attending had already left, I tried to use one of the machines that they have there. Stupid machines! If you put the money in, they don't give you anything back. They rob your coins and you neither get the money nor the stamps."

Conclusions

A new migrant/immigrant faces many new challenges, and sometimes having to learn so much in such a short period of time can leave him feeling overwhelmed with pressure. Some challenges do not seem significant, such as learning to use new machines, adapting to a new currency, or adjusting to new infrastructures, however the accumulation of several small frustrations every day can affect the way a migrant/immigrant feels about himself. He may feel unintelligent or less valuable than other people whose English and cultural knowledge surpass his own. This instability can make a person open "holes" in the "pressure cooker" and, as we know, some ways of relieving pressure are not healthy. Talking with a migrant/immigrant about the small things that frustrate him and providing suggestions on how to deal with his new surroundings can help to reduce his stress.

Arriving in a new place with empty hands means that a migrant/immigrant may do without basic needs such as nourishment and shelter, and he may feel embarrassed about asking others for help. Offering help to a recent arrival is a generous gesture and may also prevent them from taking unnecessary risks in a new environment.

Ideas for 'Promotores/as'

- Write a 'vivencia' about your own experience or that of someone you know in order to share it with migrants/immigrants.
- Encourage each migrant/immigrant to make contact with 'paisanos' who have been in the U.S. for some time in order to help him find his way around more easily. If there is a recent migrant/immigrant in the workplace, it would be a good idea to talk with that person in order to orient him in any way possible.
- Seek resources from non-profit organizations that have programs for health, social services, and other resources for migrants/immigrants.

STAYING IN A NEW COUNTRY



Almodena Ortiz

Section Overview

This section will illustrate that even once a migrant/immigrant tries to settle down in a new place, difficult situations will continue to arise that affect his adjustment and mental and physical health.

Learning Objective

After reading this section, you will be able to identify causes of stress or anxiety for a migrant/immigrant who is starting a new life in the U.S.

Health Message

Repeated stressful factors and the ways in which a person manages stress and anxiety can put him at risk for various health problems.

Reflections

During the transition between living in one's home country and adjusting to a new country, a migrant/immigrant can face certain changes in how he thinks, feels, and acts. A migrant/immigrant spends much effort towards maintaining certain aspects of his culture in order not to lose his identity. For example, he may keep his language, customs, and taste for certain foods.

During this period of time, a migrant/immigrant often has trouble finding some balance between his old and new habits, beliefs, and ways of life [13].

When a 'paisano' manages to find a place to live and work, he starts to feel secure in his new environment, and not as if he is just passing through. Nonetheless, even when he finds work, he often works from dawn until dusk, with few days off. While at work, his mind and body are occupied, and he may feel at ease. However, when he returns home, possibly to an overcrowded house, he may start to feel sadness and tension because of the distance between himself and his loved ones. A 'promotor/a', knows very well that these feelings are common in the lives of migrants/immigrants.

The way in which a person responds or reacts to this difficult period of his life can lead him to either healthy or unhealthy ways of living. A migrant/immigrant who has recently arrived can choose ways in which to manage their stress that do not suit him or his health in the long run. That is to say, the "escape holes" for relieving the pressure, as in the example of the pressure cooker, are sometimes alcohol and bad company.

What are frequent causes of stress for migrants/immigrants starting a new life in the U.S.?

'Vivencias'

These short 'vivencias' are only examples of the many stories that can be shared:

"I remember when I started to look for work when a friend took me to meet the foreman. I felt as if they had put a knot in my guts. Now when I remember these things, they are the subject of jokes and you can even laugh at yourself – but it's not very funny when these things are happening to you every day, when people give you funny looks, they laugh or get angry because they have to wait longer because of you. Although you do not understand English, you do understand when somebody is angry, and they shout or stare at you. At first you do not even want to go out, but you have to do it, these are things that you have to do every day in order to be able to live."

"I have been living in California for one year, but I wish I could go back home to Mexico. When I first came here, things were ok, but now things are too hard. My visa expired and now I don't have papers. I wanted to go back to school, but instead I have to work a lot so I can live here and have enough money to send home. I just haven't felt very good for a while -- I can't sleep and I don't feel hungry very often. I think about my daughters a lot and I miss them so much I just can't stop crying."

Conclusions

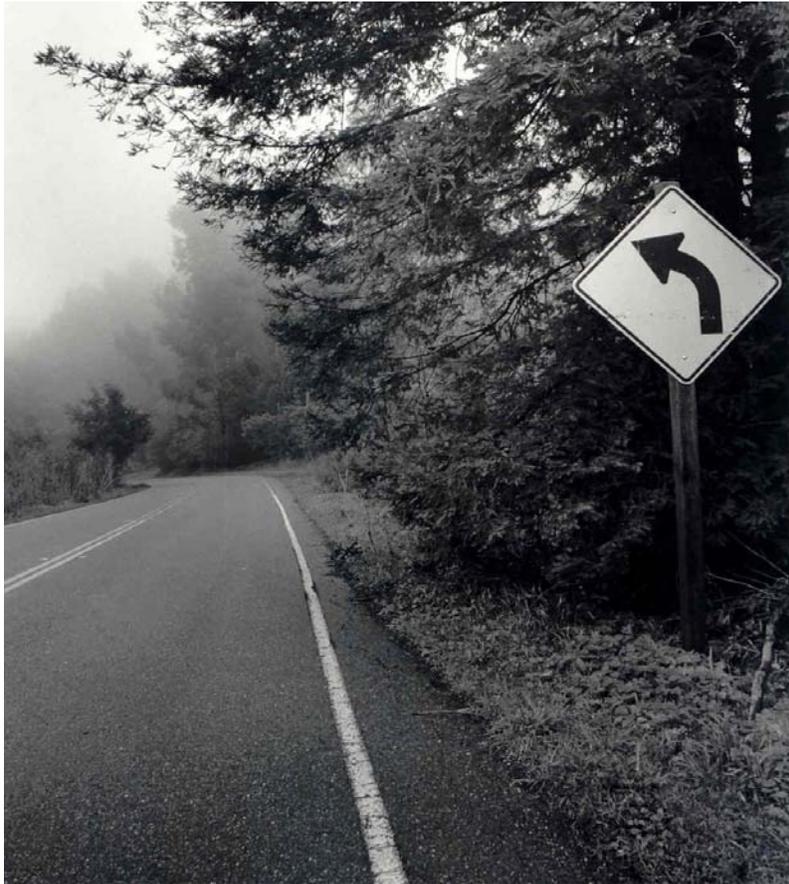
Figuring out how things work in a new place takes time and a lot of energy. Trying to get adjusted to a new life while still remembering and missing one's old life can cause stress and anxiety. Although sometimes things seem easier and life seems better once we make new friends and get used to a new place, the process of change and transition never completely ends.

As a person settles into his new life, he will try different ways to make himself feel better. Choosing healthy ways to cope with the changes and stress can make the adaptation process much easier. If he resorts to unhealthy ways to manage his stress and anxiety, he may form long-lasting habits that will only provide temporary escapes from his problems.

Ideas for 'Promotores/as'

- Write a 'vivencia' about your own experience or that of someone you know in order to share it with migrants/immigrants.
- Ask each group participant to share photos and talk about his family members that are far away.
- Help each participant to recognize and understand his stress, using some of the following questions:
 - What does stress, pressure, or tension mean to you?
 - How do you know if you are stressed? How do you feel?
 - What do you do when you feel stressed?
- Propose the following activities to each migrant/immigrant to help reduce stress:
 - Talk with someone who you trust—let your feelings out
 - Rest at least 10 minutes for each 2 hours of work
 - Ask for help when it's necessary, using good sense to ask the right people
 - Eat properly and exercise
 - Do just one thing at a time
 - Look for a place where you can find a bit of peace and quiet
 - Learn to relax

RETURNING



Almudena Ortiz

Section Overview

This section will illustrate how returning to one's place of origin, despite being a reason for happiness for a migrant/immigrant, can also produce emotional costs that take time and effort to resolve.

Learning Objectives

After reading this section, you will be able to:

- Explain some reasons why it is stressful to return to one's native land.
- Describe some things a migrant can do to reduce the stress or anxiety of returning to his place of origin.

Health Message

When a migrant/immigrant has high hopes and plans and things do not work out as he had imagined, he may suffer from disillusion and sadness. Even when a migrant/immigrant has done well in the U.S., the combination of the changes that he has experienced here, and the changes that he will return home to, can cause stress and anxiety.

Reflections

Frequently upon return, the migrant/immigrant thinks that everything will be exactly as he left it. It is often a cruel reality to find out that time has moved on, and he must face new situations, sometimes difficult to understand or deal with.

When a migrant/immigrant is away, life in his homeland continues; the migrant's/immigrant's children grow up without him and he misses out on all their important moments, such as when they learn to read and write, their birthdays, and when they begin to have boyfriends and girlfriends. Children may not feel the same confidence in their father who lived so far away, simply because he did not partake in all of the little events that happened in their everyday lives. Likewise, couples find that they need time in order to rediscover each other and to feel that they trust each other again.

The 'migrant/immigrant' who returns to his town needs to adapt once more to the rhythm of his family, community, and neighborhood, which can be very different from what he had become accustomed to in the U.S. Returning to his old surroundings, getting used to the daily routines of his loved ones, and feeling accepted and loved takes time. Sometimes the re-adaptation does not happen easily, and can cause sadness, anxiety, uncertainty, depression, and stress for the person who arrived from afar, as well as among the family that has been awaiting his return.

It can be very odd to feel like a stranger in one's own land. To help reduce the stress and anxiety caused by returning, it is crucial for a migrant/immigrant to maintain frequent and open communication with his loved ones back home. Sharing information about special events, exchanging photos, and talking over the telephone can help a migrant/immigrant and his family understand the realities of his loved ones across the distance.

Why is it often stressful to return to one's native land?

What are some things migrants can do to reduce the stress of returning home?

'Vivencias'

These short 'vivencias' are only examples of the many stories that can be shared:

When Juan started to get ready for the return to his home, he was full of high expectations about seeing his wife and his daughters again – Juanita was five and Lupita was eight when he left for the U.S. about four years ago. Juan started to buy presents, dolls, and a dress for his wife, Lupe. While he was buying the presents he started to think about his nephews and nieces, his younger sisters, and his parents, and he felt obliged to buy presents for more and more people. How could he return to his village with his hands empty, if the people knew that he went to the North to earn dollars, and when his cousin Pascual returned he had even bought

a present for the village priest? But Juan did not have the money, and his stomach was already aching just thinking about when the people were going to visit him in his house, that he didn't have anything to give them as the harvest was very poor this year and he hardly had any work.

When the day arrived and Juan was returning to his village, the first surprise was to see his daughter Lupita, she already seemed like a young lady and the first thing she asked him was if he had brought a hi-fi. Juan felt bad because she did not take any notice of the dolls. Juan arrived very tired, but he was very pleased to see his wife and all his family. That night, when he was with his wife in the bedroom, he felt that his wife was embarrassed, that such a long time had passed that there was no longer the trust that had been there before. Juan stayed in bed and could not sleep. Everything had changed.

Nacho stayed for several days at home, with his wife and his four kids, but he felt as if he weren't really there. There was a barrier between him and his family that he couldn't understand; his kids looked at him like a stranger, with fear and distrust, and he felt uncomfortable and out of place. He began to feel nostalgic for his friends and the things he used to do in California. Although he intended to get close to his wife and kids, he felt as if something had been lost, and that things weren't the same. He didn't know what to do. He said words in English, and no one understood him.

After several weeks, Javier began to feel good again, calmer, in his house and with his people. He shared in the happiness of his town, the signs of affection and celebration. He looked with love and gratitude to his wife, and they were both making the effort to get to know each other again. He brought a car and many new clothes back with him from the U.S., which resulted in admiration from his neighbors. He felt good having things that others were envious of, but the neighbors began to feel a bit irritated with his new attitude of superiority.

Conclusions

A migrant/immigrant can live through many positive and negative experiences while he is in the U.S. He faces a lot of stress, but can also make easier money and new friends, and work towards a better life for himself. Going back home can also stir up both good and bad feelings. For example, a migrant/immigrant will be excited to reunite with his loved ones and return to everything he missed at home. However, he might feel pressure to show that he was 'successful' in the U.S, which can be stressful because many return with as little as when they left. Returning home means that a migrant/immigrant will have to adjust all over again – while he is

away, many changes take place inside him, his family and friends, and in other characteristics of life that were once so familiar to him. In addition, he must once again adjust to the drastically lower wages available in his home country.

Ideas for 'Promotores/as'

- Ask each participant of the group if he would like to share his own experience of what it was like when he returned home, and what suggestions or advice he can offer to those who are planning to return home for the first time.
- Ask each participant to talk about his hopes and fears about returning home. What is he looking forward to? What might he miss about the U.S.?
- Help each migrant/immigrant think about the things that might be different when he returns to his old life, and encourage him to think about how he can respond to the changes in a positive and healthy way.
- Encourage each 'paisano' to share about his life in the U.S., his journey home, and once he returned to his family. He can tell stories and share photos of his friends, workplaces, and home in the U.S.

SUPPORT MATERIALS*

TITLE	DESCRIPTION	ORGANIZATION	TELEPHONE	E-MAIL/WEBSITE	COST
DIRECTORIES FOR MIGRANT/IMMIGRANT SERVICES					
"Your Guide to Health Centers and Educational Programs for Farmworkers"	Pocket guide to help migrants find health care and education services when they travel.	National Center for Farmworker Health	(800) 531-5120	www.ncfh.org	Free
"Migrant Health Services Directory"	Information about migrant clinics and health centers in several states.	Migrant Health Promotion	(734) 944-0244	www.migranthealth.org	Free
"Migrant Services Directory: Organizations and Resources"	Listing of national and state organizations for health, education, labor, etc. Available in English only.	AEL	(877) 433-7827	http://www.ael.org/page.htm?&index=395&pd=3	Free for one copy
STRESS, DEPRESSION, AND ANXIETY					
"Stories from the fields- Stories that show us that in spite of the darkness...there is hope"	A 10-minute video about the benefits of counseling for farmworkers facing life problems.	Terry Reilly Health Services	(208) 941-4121	blanham@trhs.org http://www.trhs.org/	\$20.00 each, includes shipping
"Relieving Stress" (Aliviando La Tensión)	Pamphlet about healthy ways to reduce stress.	Latino Health Literacy Project	(215) 731-6150	http://www.hpcpa.org/	Free for a simple pamphlet; \$12.50 for a master pamphlet that can be copied

*Each item in this table was chosen based on cost, the availability of Spanish-speakers at the organization, and the relation to the mental health topics discussed in this manual. This is simply a selection of the many Spanish language materials about mental health that are offered by various organizations.

TITLE	DESCRIPTION	ORGANIZATION	TELEPHONE	E-MAIL/WEBSITE	COST
"Health for All" (Salud Para Todos)	Manual with information on building and strengthening healthy migrant farmworker families and communities. Includes sections on stress, mental health problems, alcohol and drugs, and violence.	Migrant Health Promotion	(734) 944-0244	www.migranthealth.org	\$20.00 includes shipping

ALCOHOL AND DRUG USE/ABUSE

"We Speak in Confidence" (Hablemos en Confianza)	Folder containing pamphlets, cards and a fotonovela, focused on the use of drugs and alcohol in Latino families.	The Substance Abuse and Mental Health Services Administration	(877) 767-8432	www.health.org	Free
"Hope of the Valley" (La Esperanza Del Valle)	Fotonovela and/or radionovela on audiocassette which focuses on a young person with an alcohol problem. Other issues addressed are exposure to pesticides, teenage pregnancy, and adult alcohol problems.	Novela Health Education, Northwest Communities' Education Center	(509) 854-2222	http://www.kdna.org/novela_health_education.htm	\$1.00 each fotonovela \$50.00 each radionovela on audiocassette

DOMESTIC VIOLENCE

"You Have the Right to Be Free from Violence in Your Home: Questions and Answers for Immigrant and Refugee Women"	Pamphlet including information on: legal issues around immigration status and domestic violence, suggestions for women facing domestic violence, and national resources for help.	Family Violence Prevention Fund	(415) 252-8089	http://store.yahoo.com/fvpfstore/rightofrefr.html	\$12.50 for 50 copies
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TITLE	DESCRIPTION	ORGANIZATION	TELEPHONE	E-MAIL/WEBSITE	COST
"My Life" (La Vida Mía)	Fotonovela or video about family violence.	Migrant Clinicians Network	(800) 825-8205	http://www.migrantclinician.org/	\$8.00 fotonovela; \$30.00 video (Prices include shipping. Prices are negotiable for not-for-profit organizations)
"You Are Not Alone" (Usted No Está Sola)	Fotonovela providing information about domestic violence and where to turn for help.	Novela Health Education, Northwest Communities' Education Center	(509) 854-2222	http://www.kdna.org/novela_health_education.htm	\$.65 each

OTHER RESOURCES

California's HMO Guide	Information about how to better navigate the health care system, especially for those with a Health Maintenance Organization (HMO) medical care plan.	Office Of The Patient Advocate	(866) 466-8900	http://www.opa.ca.gov/	Free
"Helping Health Workers Learn"	Book describing simple and low-cost activities and techniques for anyone teaching about health.	The Hesperian Foundation	(888) 729-1796	www.hesperian.org	\$20 plus shipping
"Volar Sobre el Pantano" and "Invencible: Sangre de Campeón" by Carlos Cuauhtemoc Sánchez	Books	Check your local library or bookstore, or a bookseller on the Internet such as Amazon.com		http://www.amazon.com	Varies
"Tres Veces Mojado" (1989)	Movie about the true story of an undocumented immigrant.	Check your local video rental store			Varies

TITLE	DESCRIPTION	ORGANIZATION	TELEPHONE	E-MAIL/WEBSITE	COST
"La Mixteca"	Filemón Lopez's radio program providing folk music, information, and announcements for migrant Mixtec workers on both sides of the border.	Radio Bilingüe Fresno: KSJV 91.5, KMPO 88.7 & KTQX 91.5 El Centro: KUBO 88.7 Salinas: KHDC 90.9	(559) 455- 5777	http://www.radiobilingue.org/	Free
"Farmworker News"	A bimonthly newspaper to inform farmworkers about issues such as health, occupational safety, and federal and state news.	National Center for Farmworker Health	(800) 531- 5120	www.ncfh.org	Free
"Tortillas Duras"	Radionovela copied on a compact disc (CD).	California-Mexico Health Initiative	(510) 643- 4089	cmhi@ucop.edu	Shipping

RESOURCES*

ALCOHOL AND DRUG ABUSE

Alcohol and Drug Helpline (800) 821-4357

- Provides referrals for treatment programs.

National Clearinghouse for Alcohol and Drug Information

(800) 729-6686; (800) 487-4889 (TTY/TDD)

8:30 a.m.– 6:00 p.m. For Spanish speakers, press 3.

Website for treatment referrals: www.findtreatment.samhsa.gov

Website for ordering health education materials: www.health.org

- Provides assistance in finding either treatments or health education materials for alcohol and drug abuse.

CRISIS INTERVENTION

For a Mental Health Crisis, call:

- 911
- A local hospital
- Your county Mental Health Department (listed in the telephone directory under the County Government Section)
- "Crisis Intervention Service" (call Information [411] for the number or look under Mental Health, Health, Social Services, Suicide Prevention, Hospitals, or Physicians: Psychiatry)

Girls and Boys Town National Hotline

(800) 448-3000; (800) 448-1833 (TTD)

For Spanish speakers, press 2.

Website: <http://www.girlsandboystown.org/home.asp>

- Provides short-term intervention and counseling, and refers callers to local community resources. Counsels on parent-child conflicts, family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues that affect children and families.

National Hopeline Network

(800) 784-2433

Website: <http://www.hopeline.com/ries.asp>

- To locate a suicide crisis center in your area.

GENERAL HEALTH

Health Resources and Services Administration (HRSA) Information Center

(888) 275-4772

For Spanish speakers, press 2.

Website: www.ask.hrsa.gov

- Publications, resources, and referrals on health care services for low-income, uninsured individuals, and those with special health care needs.

* This list of organizations is a selection of the many sources of support for migrants and others with mental health questions and concerns. All of these organizations offer help in Spanish, and most numbers are toll-free.

National Center for Farmworker Health, Inc.

(800) 377-9968

- This "Call for Health" hotline provides assistance and resources to farmworkers for health and other needs.

National Health Information Center

(800) 336-4797

9:00 a.m.–5:30 p.m., Monday–Friday (Eastern Time). For Spanish speakers, press 8.

Websites: www.health.gov/nhic, www.healthfinder.gov

- The National Health Information Center (NHIC) is a health information referral service. NHIC puts people who have health questions in touch with those organizations that are best able to provide answers.

National Hispanic Family Health Helpline

(866) SU-FAMILIA (783-2645)

9:00 a.m.–6:00 p.m., Monday–Friday (Eastern Time).

Website: www.hispanichealth.org

- Offers free, reliable and confidential health information in Spanish and English. Bilingual health information specialists will provide basic health information on a wide range of health topics, and can make referrals for local health care providers.

National Women's Health Information Center

(800) 994-9662; (888) 220-5446 (TDD)

9:00 a.m.–6:00 p.m. For Spanish speakers, press 3.

Website: <http://www.4woman.gov/>

- The NWHIC provides Federal and other women's health information resources.

Office of Minority Health Resource Center

(800) 444-6472

8:30 a.m.–5:00 p.m. For Spanish speakers, press 2.

Website: <http://www.omhrc.gov/>

- The center collects and gives out information on many health topics, including substance abuse, cancer, heart disease, violence, diabetes, HIV/AIDS, and infant mortality.

HEALTH INSURANCE**California-Mexico Health Initiative: Guidebook for Health Insurance and Public Benefits Programs**

(510) 643-4089

Website: www.ucop.edu/cprc/laopinion.pdf

Offers basic information about health insurance and other forms of public assistance available for the low-income population in California.

Department of Managed Health Care

Consumer Helpline: (888) 466-2219

Website: <http://www.hmohelp.ca.gov/>

Help for people who have a problem with their Health Maintenance Organization (HMO) – such as Medi-Cal or others – including issues about medical care, prescriptions, preventive testing, and mental health services.

Insure Kids Now! Health Resources and Services Administration

(877) 543-7669

8:00 a.m.–5:00 p.m., Monday–Friday (Eastern Time). For Spanish speakers, press 2.

Website: <http://www.insurekidsnow.gov/>

- Links families with uninsured children from birth to age 18 to free and low-cost health insurance.

MENTAL HEALTH

National Institute of Mental Health (NIMH)

(866) 615-NIMH (615-6464), Press 2 for Spanish.

Website: <http://www.nimh.nih.gov/publicat/spanishpub.cfm>

- Offers information about the symptoms, diagnosis, and treatment of mental disorders, as well as information about how and when to get help.

National Mental Health Association

(800) 969-6642; (800) 433-5959 (TTY)

9:00 a.m.–5:00 p.m. (Eastern Time). For Spanish speakers, press 1.

Website: <http://www.nmha.org/>

- The National Mental Health Association is a nonprofit organization addressing all aspects of mental health and mental illness. NMHA works to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research, and service.

National Resource Center on Homelessness and Mental Illness

(800) 444-7415

8:30 a.m.–5:00 p.m.

Website: <http://www.nrchmi.samhsa.gov/>

- Focuses on organizing and delivering services for people who are homeless and have serious mental illnesses.

SAMHSA's National Mental Health Information Center

(800) 789-2647

Press 9 for Spanish.

Website: <http://www.mentalhealth.org/>

- Provides information about mental health.

VIOLENCE IN THE MIGRANT/IMMIGRANT FARMWORKER POPULATION

Family Violence Information and Resources

AYUDA, Inc.

(202) 387-4848

- Technical assistance, outreach materials, and training on the legal rights of battered migrant/immigrant women.

CHILDHELP USA®

(800) 4-A-CHILD (422-4453); (800) 2-A-CHILD (222-4453) TDD

Spanish speakers just need to ask for Spanish assistance.

Website: www.childhelpusa.org

- A national child abuse hotline which provides multilingual crisis intervention and professional counseling on child abuse and domestic violence issues. Gives referrals to local agencies offering counseling and other services related to child abuse, adult survivor issues, and domestic violence. Provides literature on child abuse in English and Spanish.

Family Violence Prevention Fund

(888) RX-ABUSE (792-2873); (415) 252-8900

Website: www.fvvpf.org

- Offers culturally diverse materials in five languages and for people with low levels of education. Information available for working with migrant/immigrant populations. Also houses the National Health Resource Center on Domestic Violence.

National Center for Victims of Crime Victim Services Helpline

(800) FYI-CALL (394-2255)

Website: <http://www.ncvc.org/victims/>

- Helps victims of violence and their families rebuild their lives.

National Clearinghouse on Child Abuse and Neglect Information

(800) 394-3366

For Spanish speakers, press 0.

Website: <http://www.calib.com/nccanch/>

- The Clearinghouse is a national resource for professionals and others seeking information on child abuse and neglect and child welfare.

National Domestic Violence Hotline

(800) 799-SAFE (799-7233)

Website: www.ndvh.org

- For crisis intervention, referrals, information, and support in over 100 languages for victims of domestic violence.

National Latino Alliance for the Elimination of Domestic Violence (Alianza)

(800) 342-9908

Website: www.dvalianza.org

- National forum for dialogue, education, and advocacy.

National Resource Center on Domestic Violence

(800) 537-2238; (800) 553-2508 (TTY)

8:00 a.m.–5:00 p.m., 24-hour voice mail.

Website: <http://www.nrcdv.org/>

- The NRCDV provides support to all organizations and individuals working to end violence in the lives of victims and their children through technical assistance, training, and information on responding to and preventing domestic violence.

National Resource Center to End Violence against Native Women

(877) 733-7623

National Sexual Violence Resource Center

(877) 739-3895

Website: www.nsvrc.org

- Central clearinghouse for resources and research on sexual violence.

NOW Legal Defense and Education Fund (LDEF)

(212) 925-6635, (202) 544-4470

Website: www.nowldef.org

- Provides advocacy for legal rights of battered migrant/immigrant women, information for victims about rights, and referrals.

Nuestra Comunidad Sana

(541) 386-4880

Rape, Abuse & Incest National Network

(800) 656-HOPE (656-4673), Website: www.rainn.org

- Free confidential counseling and support for victims of rape, abuse, and incest.

The National Immigration Project of the National Lawyers Guild, Inc.

(617) 227-9727

Website: www.nationalimmigrationproject.org

- Offers technical assistance on complex immigration issues.

Agencies with Curricula on Domestic Violence Education and Prevention**Migrant Clinicians Network**

(512) 327-2017

Website: www.migrantclinician.org

- Offers a training manual for lay health workers on the dynamics of domestic violence.

Migrant Health Promotion

(734) 944-0244

- Domestic violence flipchart, guide for discussion of dynamics of domestic violence for camp health aides.

Proteus Inc.

(559) 733-5423

Website: www.proteusinc.org

Offers "*Violencia Doméstica en las Familias Latinas Rurales*," created by Joan Cuadra and Virgie Contreras – a curriculum for presentations on the dynamics of domestic violence including an Instructor's Guide.

Women's Crisis Support – Defensa de Mujeres

(831) 722-4532

- Healthy Families/Familias Saludables – 8-week curricula focusing on the prevention of domestic violence.

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