



Southern Border Resources to Address Immediate Needs

Compiled by the Mental Health Technology Transfer Center (MHTTC) Network, this list of resources to support the mental health of asylum seekers, primarily unaccompanied minors, on our Southern Border, includes those developed by the MHTTCs and other reputable organizations. The list is sorted alphabetically by title within the following categories: Cultural Responsiveness, Psychological First Aid, Staff Burnout and Secondary Trauma, Suicide Prevention, and Trauma Informed Care.

For more information, please see our MHTTC and TTC resource pages: <https://mhttcnetwork.org/centers/global-mhttc/resources-support-asylum-seekers> and <https://techtransfercenters.org/southern-border-resources>.

MHTTC Resources

Cultural Responsiveness			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
7 Tips to Engage in Mental Health Treatment for Guatemalan Maya Families Living in the United States	Fact Sheet	Staff/Volunteers	National Hispanic and Latino MHTTC
Acculturation and Migration Trauma Among Latino Children, Youth, and Families From The Northern Triangle	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Cultural Aspects and Mental Health Disorders Among Mexican-American Children, Youth, and Families	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Culturally Responsive Programs to Improve Access to Mental Health Services to Hispanic Latinx Communities	Video/ Handout	Behavioral Health Providers/School Personnel	National Hispanic and Latino MHTTC
Culture and Mental Health Among Central and South Americans Living in the United States	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Engaging Mexican Indigenous Families, Children, and Youth in Mental Health Treatment	Fact Sheet	Staff/Volunteers	National Hispanic and Latino MHTTC
Family Therapy: A Culturally Sensitive Modality When Working With Immigrant Latino Families	Video/ Handout	Behavioral Health Providers/School Personnel	National Hispanic and Latino MHTTC

Cultural Responsiveness			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Recovery in the Latinx and Hispanic Community	Webinar	Behavioral Health Providers/School Personnel	Northeast and Caribbean MHTTC
Tips to Engage in Mental Health Treatment: The Indigenous Populations from the Northern Triangle	Factsheet	Staff/Volunteers	National Hispanic and Latino MHTTC
The Faces of Immigration: Humanizing Children and Creating Culturally Congruent School-Based Contexts	Webinar	Behavioral Health Providers/School Personnel	National Hispanic and Latino MHTTC
The Needs and Joys of our (Im)migrant* Students, Families and Community Partners: Exploring and Expanding our School Mental Health Practice	Learning Series	Behavioral Health Providers/School Personnel	Pacific Southwest MHTTC

Psychological First Aid			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Implications of Psychological First Aid among Hispanic/Latinx Populations during the Pandemic Part I	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Implications of Psychological First Aid among Hispanic/Latinx Populations during the Pandemic Part II	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Psychological Wellbeing of Undocumented Immigrants in the U.S.: Deferred Action for Childhood Arrivals	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Stress Management During a Quarantine for Mental Health Providers Serving Latino Clients	Booklet	Staff/Volunteers	National Hispanic and Latino MHTTC
Virtual Adaptations of Psychological First Aid	Video	Behavioral Health Providers/School Personnel	Pacific Southwest MHTTC

Staff Burnout and Secondary Trauma			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Integración de Prácticas de Autocuidado en la Vida Cotidiana Para Profesionales de la Salud Mental	Webinar	Behavioral Health Providers/School Personnel	Northeast and Caribbean MHTTC
Responder Self-Care Strategies	Pocket Card	Staff/Volunteers	MHTTC Network

Suicide Prevention			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Prevención del Suicidio durante la Pandemia COVID-19	Webinar	Staff/Volunteers	Northeast and Caribbean MHTTC
Suicide Attempts and Culturally Responsive Approaches for Latinos	Factsheet	Staff/Volunteers	National Hispanic and Latino MHTTC
Suicide-Related Risk in Latinx/Hispanic Youth	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC

Trauma Informed Care			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Trauma-Focused Cognitive Behavioral Therapy: A Culturally Adapted Therapy To Work With Latino Families	Video/ Handout	Staff/Volunteers	National Hispanic and Latino MHTTC
Trauma-Informed Care Model for Immigrant Hispanic and Latino Clients	Booklet	Staff/Volunteers	National Hispanic and Latino MHTTC
Trauma Informed Work with Asylum-Seeking Youth at the Border	Video/ Handout	Staff/Volunteers	South Southwest MHTTC
Unaccompanied Children and Families Seeking Asylum: Traumatic Effects on Children's Attachment and Reunification	Webinar	Staff/Volunteers	National Hispanic and Latino MHTTC

Resources from Other Reputable Organizations

Other TTC Networks			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Mindfulness, Self-Care, and Calming Activities for Children	Handout	Children	Addiction Technology Transfer Center Network/ Prevention Technology Transfer Center Network
Phrases To Calm A Child	Audio	Staff/Volunteers, Behavioral Health Providers/School Personnel	Addiction Technology Transfer Center Network/ Prevention Technology Transfer Center Network
Pocket Card for Bilingual Staff/Volunteers	Pocket Card	Staff/Volunteers	Addiction Technology Transfer Center Network/ Prevention Technology Transfer Center Network
Southern Border Resource Pocket Card for Children (in Spanish)	Pocket Card	Children	Addiction Technology Transfer Center Network/ Prevention Technology Transfer Center Network
Southern Border Resource Pocket Card for Children (in English)	Pocket Card	Children	Addiction Technology Transfer Center Network/ Prevention Technology Transfer Center Network
Southern Border Resource Pocket Card for Staff (in Spanish)	Pocket Card	Staff/Volunteers, Behavioral Health Providers	
Southern Border Resource Pocket Card for Staff (in English)	Pocket Card	Staff/Volunteers, Behavioral Health Providers	
TTC Resources to Support Asylum Seekers at the US Southern Border	Website	Staff/Volunteers, Behavioral Health Providers/School Personnel	Addiction Technology Transfer Center Network/ Prevention Technology Transfer Center Network
ATTC Additional Resources to Support the Mental Health of Asylum Seekers	Website	Staff/Volunteers	Addiction Technology Transfer Center Network
PTTC Additional Resources to Support the Mental Health of Asylum Seekers	Website	Staff/Volunteers	Prevention Technology Transfer Center Network

Cultural Responsiveness			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
60 Resources for Supporting Immigrant and Refugee Communities.	Website	Behavioral Health Providers/School Personnel	Online MSW Programs
8 Educational Resources to Better Understand the Refugee Crisis	Website	Behavioral Health Providers/School Personnel	Amnesty International
Cuidado de la Salud Mental y la Adicción para los Migrantes: Una Capacitación para Profesionales del Cuidado de Salud	Website	Behavioral Health Providers/School Personnel	Multicultural Development Institute; Institute of Research Education and Services of Addiction (IRESA) et al.
Culture, The Migration Journey, Trauma And Assessment	Webinar Series	Staff/Volunteers, Behavioral Health Providers/School Personnel	National Child Traumatic Stress Network
Culturally-Responsive Approaches to Serve Latin American Children who Experience Traumatic Separation	Webinar	Behavioral Health Providers/School Personnel	National Child Traumatic Stress Network
Ethnomed.org- Website that intends to provide cultural context when working with immigrants and refugees	Website	Staff/Volunteers	EthnoMED
Families Belong Together	Website	Staff/Volunteers	Families Belong Together
Immigration and Child Welfare	Issue Brief	Staff/Volunteers	Child Welfare Information Gateway
Migrant Clinicians Network	Website	Behavioral Health Providers/School Personnel	Migrant Clinicians Network
National Network to Eliminate Disparities in Behavioral Health (NNED)	Website	Behavioral Health Providers/School Personnel	National Network to Eliminate Disparities in Behavioral Health (NNED)
Racial and Ethnic Composition of the Child Population	Website	Staff/Volunteers	Child Trends

Cultural Responsiveness			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
SAMHSA Behavioral Health Spanish-Language Resources	Fact Sheet	Staff/Volunteers	SAMHSA
What do Child Welfare Leaders Need to Know about Supporting Families when Caregivers are Facing Immigration-Enforced Detention or Deportation	Resource List	Staff/Volunteers	Casey Family Program

Psychological First Aid			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings	Guideline Document	Staff/Volunteers	Inter-Agency Standing Committee
Youth Mental Health First Aid	Virtual Learning	Staff/Volunteers	Illinois Association for Behavioral Health
Operational Guidance Mental Health & Psychosocial Support Programming for Refugee Operations	Guideline Document	Behavioral Health Providers/School Personnel	The UN Refugee Agency

Staff Burnout and Secondary Trauma			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
A Daily Practice to Restore Equanimity	Guideline Document	Staff/Volunteers	Migrant Clinicians Network
Compassion Fatigue, Burnout and the Strengths-Based Workplace	Webinar	Staff/Volunteers	National Association for Addiction Professionals
Organizational Resilience: Reducing the Impact of Secondary Trauma on Front Line Human Services Staff	Issue Brief	Staff/Volunteers	SAMHSA, ReCAST

Staff Burnout and Secondary Trauma			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
A Daily Practice to Restore Equanimity	Guideline Document	Staff/Volunteers	Migrant Clinicians Network
When Helping Hurts: Self-Care Strategies for Refugee Community Leaders and Service	Webinar	Staff/Volunteers	HHS// SAMHSA
Witness to Witness Program Resources	Resource Webpage	Staff/Volunteers	Migrant Clinicians Network

Suicide Prevention			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR)	Online Course	Staff/Volunteers	National Child Traumatic Stress Network
Suicide Assessment Five Step Evaluation and Triage SAFE-T	Cards	Staff/Volunteers	APA/SPRC/ SAMHSA
Reconozca las señales/Know the Signs (Spanish/English)	Website	Staff/Volunteers	California Mental Health Services Authority (CalMHSA)
Texas Suicide Prevention Collaborative (Spanish/English)	Website	Staff/Volunteers	Texas Suicide Prevention Collaborative

Trauma Informed Care			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Applying Trauma-Informed Practices to the Care of Refugee and Immigrant Youth: 10 Clinical Pearls	Journal Article	Staff/volunteers	Miller, K.K., Brown, C.R., Shramko, M., & Svetaz, M.V.
FAQ For Educators on Immigrant Students in Public Schools	Website	Behavioral Health Providers/School Personnel	ACLU

Trauma Informed Care			
Title and Link to Resource	Resource Type	Audience	Authors/Developers
Challenges of Refugee Resettlement Policy and Psychosocial Factors	Issue Brief	Staff/volunteers	National Association of Social Workers
Growing Up with an Undocumented Parent in America: Psychosocial Adversity in Domestically Residing Immigrant Children	Article	Staff/volunteers	Journal of the American Academy of Child & Adolescent Psychiatry
Living in an Immigrant Family in America: How Fear and Toxic Stress are Affecting Daily Life, Well-Being, and Health	Issue Brief	Staff/volunteers	Kaiser Family Foundation
NCTSN Resources Related To Traumatic Separation And Refugee And Immigrant Trauma	Resource List	Staff/volunteers, Behavioral Health Providers/School Personnel	National Child Traumatic Stress Network
Newcomer Tool Kit	Toolkit	Behavioral Health Providers/School Personnel	US Department of Education
Refugee Trauma	Resource Website	Staff/volunteers	National Child Traumatic Stress Network
Refugee Trauma-Includes sections on the following: About Refugees, Effects, Screening and Assessment, Interventions, NCTSN Resources	Website	Behavioral Health Providers/School Personnel	National Child Traumatic Stress Network
Stress & Trauma Toolkit for Treating Undocumented Immigrants in a Changing Political and Social Environment	Product	Staff/volunteers	American Psychiatric Association
Support for Youth and Families of Undocumented Status	Fact Sheet	Staff/volunteers	Center for Childhood Resilience
Trauma and Resilience: How Can We Promote Resilience and Recovery for People Who Have Experienced Traumatic Events?	Fact Sheet	Staff/volunteers	Wilder Research
Trauma-Informed Care for Unaccompanied Immigrant Youth: Alliance for Inclusion and Prevention	Podcast	Behavioral Health Providers/School Personnel	National Child Traumatic Stress Network