Family Resilience Worksheet: Immigrant and Refugee Youth

Your quick guide to providing culturally responsive, effective support to immigrant and refugee children!

Studies of resilience have identified **three** approaches to boosting positive functioning in children exposed to adversity. 1) Reduce risks. 2) Add resources. 3) Support a system around the child that helps them adapt.

Assess risks and stressors

Check the boxes that currently apply to this child. If you are unsure about a stressor, follow up about it.

Domain	Examples	Notes
Trauma	 Pre-migration threats to child Mid-migration threats to child Post-migration threats to child Community violence Family conflict Caregiver mental health risk Other: 	
Resettlement	 Housing strains Employment stress Legal status complications Healthcare access barriers Transportation barriers Financial difficulty Other: 	
Isolation	 Stress related to status loss Discrimination in community Loneliness Separation from family abroad Other: 	
Acculturation	Language barriersFamily role shiftsReliance on childOther:	

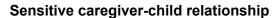
Take an inventory of resources

From what you know of the child, what are some of the **resources** they have access to? Comment as needed.

Individual: Spaces to feel agency Problem-solving skills Physical health Healthy sleep routines Hope for the future; dreams to work towards Healthy sleep routines	Family: Sensitive caregiving Positive sense of identity Security in caregiver relationship(s) Routines at home Quiet spaces at home	Community: Positive relationships with adults outside the home Faith community A positive teacher relationship Engagement in at least one school subject Neighborhood gathering spaces Meaningful extracurriculars
Notes:	Notes:	Notes:

Engage powerful support systems

On a scale of 1-10, how strong are the **critical developmental supports** around the child? What could we do to move the score up by **1-2 points?** Be creative!





School belonging



Friendships



Sleep health



Caregiver-school engagement



Collaborative Planning

- 1. Who are caregivers receiving **their own support** from?
- 2. What are the caregivers' goals for the child in the **long term**?
- 3. What are the caregivers' goals for the child in the **short term**?
- 4. What does the family think are the **causes** of the child's difficulties?
- 5. What does the family believe is the most important first step?