

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	<ul style="list-style-type: none"><input type="checkbox"/> Pre-migration threats to child<input type="checkbox"/> Mid-migration threats to child<input type="checkbox"/> Post-migration threats to child<input type="checkbox"/> Community violence<input type="checkbox"/> Family conflict<input type="checkbox"/> Caregiver mental health risk<input type="checkbox"/> Other: _____	
Resettlement	<ul style="list-style-type: none"><input type="checkbox"/> Housing strains<input type="checkbox"/> Employment stress<input type="checkbox"/> Legal status complications<input type="checkbox"/> Healthcare access barriers<input type="checkbox"/> Transportation barriers<input type="checkbox"/> Financial difficulty<input type="checkbox"/> Other: _____	
Isolation	<ul style="list-style-type: none"><input type="checkbox"/> Stress related to status loss<input type="checkbox"/> Discrimination in community<input type="checkbox"/> Loneliness<input type="checkbox"/> Separation from family abroad<input type="checkbox"/> Other: _____	
Acculturation	<ul style="list-style-type: none"><input type="checkbox"/> Language barriers<input type="checkbox"/> Family role shifts<input type="checkbox"/> Reliance on child<input type="checkbox"/> Other: _____	

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: <ul style="list-style-type: none"><input type="checkbox"/> Spaces to feel agency<input type="checkbox"/> Problem-solving skills<input type="checkbox"/> Physical health<input type="checkbox"/> Healthy sleep routines<input type="checkbox"/> Hope for the future; dreams to work towards<input type="checkbox"/> Healthy sleep routines	Family: <ul style="list-style-type: none"><input type="checkbox"/> Sensitive caregiving<input type="checkbox"/> Positive sense of identity<input type="checkbox"/> Security in caregiver relationship(s)<input type="checkbox"/> Routines at home<input type="checkbox"/> Quiet spaces at home	Community: <ul style="list-style-type: none"><input type="checkbox"/> Positive relationships with adults outside the home<input type="checkbox"/> Faith community<input type="checkbox"/> A positive teacher relationship<input type="checkbox"/> Engagement in at least one school subject<input type="checkbox"/> Neighborhood gathering spaces<input type="checkbox"/> 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!

Sensitive caregiver-child relationship



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**?