



# **Champaign County Mental Health Board**

## **ISCU Immigrant Mental Health Program Mid-Year Presentation**

**January 24, 2024 5:45PM**

# ISCU'S VISION AND MISSION STATEMENT

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Our **vision** is a future where every immigrant, refugee, and asylum seeker finds a welcoming and supportive community that empowers them to thrive. We envision a society where these individuals not only overcome challenges but also embrace opportunities.

Our **mission** is centered around aiding new immigrants, refugees, and asylum seekers in their journey to integrate into our community. We are dedicated to helping these individuals make a transition from dependency to achieving complete self-sufficiency, enabling them to become valuable contributors to our community.

# PROGRAMS AND SERVICES OVERVIEW



## **Case management:**

Our holistic approach, supports our clients in various aspects.

From conducting depression screenings to connecting clients with mental health services and legal aid, we address concerns like food security, medical care, housing, employment and education.

## **Transportation**

We offer or arrange rides for clients needing transportation to immigration court or related appointments within their legal process. This is to remove one of the barriers to justice. We also teach our clients how to navigate the public transportation system.

## **Warehouse**

This program extends a helping hand to new immigrants by providing gently used furniture and household items. This initiative operates through our volunteer-run warehouse, fueled by donations from our community members.

## **Emergency Food Assistance**

This program provides emergency food assistance to new arrivals or immigrants who facing an emergency need for food.

## **Bus Passes**

In collaboration with Community Foundation of Illinois, bus passes are paid for in full for immigrants as to provide them with an accessible means of transportation.

# Mental Health Program Overview

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The Immigrant Mental Health Project has been successful in the consistent referrals and scheduling of mental health therapy sessions. Through the addition of our Spanish Bilingual Case Manager who serves the dual role of mental health coordinator, we have incorporated mental health services into our case management. For the past fiscal year, ISCU has been covering the costs of mental health services provided by our partnership with Community Health Partnership of Illinois. CHP takes on a holistic approach to client care and provides health and wellness checkups for each client to determine physical health as well. The CHP team we collaborate with for this project consists of two psychiatrists and two counselors who are English/Spanish Bilingual and provide teletherapy to our Spanish speaking clients from CHP's office.



# Service Plan

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Once a client has been referred to CHP to receive services, a service plan is created. With training from an ISCU board member who has her LCSW, our case manager conducts the PHQ-9, which is a 9-question diagnostic tool, utilized to assess the presence and severity of depression. As the client completes their first 6 sessions, we remain accessible to each client, meeting their needs outside of mental health using the organization's resources and services. After six sessions we perform the post-screening assessment utilizing the same screening tool to discuss progress.

# Mid Year Numbers:

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**Non-Treatment Plan Contacts: 263**

**Service Contacts: 65**

**Referrals: 61**

**Community Service Events: 4**

# Program Highlights

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Success Story: A young mother and her 3 children immigrated to the United States from Honduras after her husband was assassinated. The mother describes her arrival into our offices as miraculous, as her family and her almost died several times while fleeing violence, sickness obtained from homeless shelters, and the delivery of her baby in transit. She originally came into my office seeking assistance with food for her and her children. Upon taking the time to hear her story, she shared how traumatized she felt her 12 year old daughter had become. She described that her daughter was unable to sleep at night, unable to be in the dark, and having anxiety non stop throughout the day. I shared with her the mental health services we could offer, and she was elated to hear that she and her daughter could speak to someone in Spanish. She then felt safe enough to express that she also felt she herself would benefit from therapy. Thanks to our partnership with CHP, she was able to also have their health assessed, which she was concerned with after all the illness they contracted during their travels. They have both been assisting therapy ever since.



# Challenges

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Due to social stigmas within the immigrant community and lack of awareness around mental health, at times it can be challenging to reach individuals out in the community. Typically, it can take long sit down sessions with the case manager to ease the client into accepting mental health services as a tool and resource that could work for them. For this reason, the marketing of our mental health program is not usually as successful out in the community, as opposed to the case management approach, which takes time.

# Future goals

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In devotion to our mission, it is paramount that ISC U find a way to build on our partnerships and resources in order to expand the mental health project to be able to provide therapy accessibility in various languages. It is crucial that immigrants have the opportunity to receive this service in their native tongue.

# QUESTIONS?

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# ¡Gracias!

