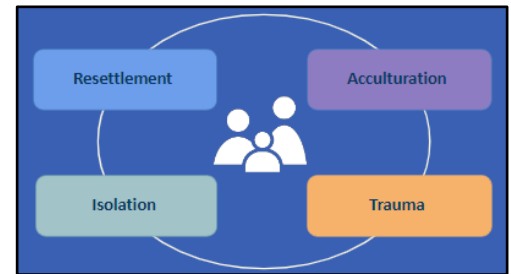


Understanding Resettlement Experiences for Refugee and Immigrant Youth

Since 2003, our team at **Boston Children's Hospital, Trauma and Community Resilience Center (TCRC)** has partnered with refugee and immigrant communities and agencies to develop evidence-based programs and resources to support the healthy adjustment of refugee and immigrant youth and families in the United States. Through innovative research and program evaluation, resource development, intervention development, advisory boards, and training and consultation, we support providers in delivering exceptional care to refugee and immigrant youth and their families. We are a site within the National Child Traumatic Stress Network and funded by, *Substance Abuse and Mental Health Services Administration (SAMHSA)*, under the *U.S. Department of Health and Human Services*.

Refugee and Immigrant Core Stressors Toolkit

TCRC developed a framework and a tool to assess core resettlement experiences that impact immigrant and refugee youth upon arrival. The four core stressors include: traumatic stress, acculturative stress, resettlement stress, and isolation. This Four Core Stressors framework can be used to educate providers about these populations' unique needs and support assessment of relevant socioecological factors influencing health. To facilitate education, training, and dissemination of this framework and complement existing provider resources, we developed the [Refugee & Immigrant Core Stressors Toolkit \(RICST\)](#) which provides an overview of the Four Core Stressors framework, assessment questions across the four domains, scaffolding to identify needs and points of triage, and recommended interventions. Since its initial launch in March 2018, the RICST has been used over 7600 times across 6 continents and shows promise as an educational, assessment, and treatment-planning tool for providers working with refugee and immigrant families globally.



Link to Core Stressors Toolkit

This Toolkit can be found at this website (<https://redcap.link/corestressortool>) and completely free to use. To learn more about the toolkit, please see [Davis et al., 2021](#)¹; [Brady et al., 2021](#)².

Refugee and Immigrant Youth Core Stressors and Strengths Assessment Tool:

Grounded in the RICST framework outlined above, we developed a self-report psychosocial measure that assess key domains of functioning experienced by refugee/immigrant youth in the post-resettlement context. The current measure is divided into three sections: (1) Youth Background Information; (2) Core Stressors and Strengths (Four Core Stressors & Psychosocial Resilience); (3) Three Open-Ended questions focused on school stressors, needs, and hopes.

The measure is intended to help triage and guide individual youth prevention and intervention programing as well as guide schools in considering systems-level supports within the classroom and/or school-wide programing. Two rounds of pilot data have been collected (Year 1: 404 youth; Year 2: 445 youth) in 12 languages (*English, Spanish, Haitian-Creole, Cape Verdean Creole, Vietnamese, Somali, French, Swahili, Dari, Portuguese, Arabic, Uzbek*) at a public high school (grades 9-12) that serves newly arrived immigrant and refugee students in New England (USA). Preliminary Descriptive and Confirmatory Factor Analysis demonstrated strong psychometric properties across the 5 discrete factors.

Core Area	Description of core areas measured
01 Resettlement	<ul style="list-style-type: none"> Basic Needs: Food, Housing, Transportation, Financial Stress Legal Stress & Supports Employment Stress (Student) Educational Gaps and/or Learning Challenges
02 Acculturation	<ul style="list-style-type: none"> Language Acquisition Cultural Learning & Identity Formation Family Roles & Responsibilities
03 Mental Health Symptoms / Trauma Symptoms	<ul style="list-style-type: none"> Emotional Distress (Depressed Mood, Anxiety, etc) Trauma Symptoms (Memories, Regulation, Concentration) Somatic Symptoms Environmental Stress (Home & School)
04 Isolation	<ul style="list-style-type: none"> Experience of Loneliness Social Connection & Support Bullying & Discrimination
05 Resilience	<ul style="list-style-type: none"> Environmental Safety Help Seeking Behavior (Internal & External) Healthy Self-Esteem
06 Open-Ended Responses	<ul style="list-style-type: none"> The hardest thing about school for me is... I wish that my school would... This school year I would like to...

Description of core areas measured

For more information about the Assessment tool, please reach out to the Trauma and Community Resilience Center (TCRC@childrens.harvard.edu).

For more information about Trauma and Community Resilience Center initiatives and resources, please contact:

TCRC@childrens.harvard.edu | 617-919-4630



¹ Davis, S, Winer, JP, Gillespie, S, Mulder, L. (2021). The Refugee & Immigrant Core Stressors Toolkit (RICST): Understanding the multifaceted needs of refugee youth & families through a four core stressors framework. *Journal of Technology in Behavioral Science*.

² Brady, J. A., Lee, C. S., Cardeli, E., Winer, J., & Burke, P. J. (2021). Refugee and immigrant core stressors toolkit to care for newly arrived children in a school nursing setting. *The Journal of School Nursing*.