

ADVANCING SOUTHEAST ASIAN/AMERICAN MENTAL HEALTH: A CRITICAL REFUGEE STUDIES LENS IN CARE



On October 24th, 2023, the Community Technical Assistance Center of New York (CTAC) organized a workshop focused on introducing critical refugee studies. The workshop aimed to explore the intersections between mental health within the Southeast Asian/American community and various factors such as U.S. militarism, migration policies, and racial capitalism. The presentation was led by James Huynh, MA, MPH and Tiffany Tran, MA, LCSW. Results from the pre and post evaluation are illustrated below from this event.

PARTICIPATION OVERVIEW

- 77 participants attended
- 13 individuals completed the pre and post surveys (17%)
- 17 individuals (22%) completed the post-training feedback survey

EVALUATION TAKEAWAY

Participation in the workshop led to significant increases in understanding the historical factors influencing the mental health of Southeast Asian refugees and asylum seekers.

TRAINING IMPACT

TRAUMA AWARENESS

40% increase in ability to describe examples of intergenerational and historical trauma that affect SE Asian refugees and asylum seekers.



APPLICATION

38% increase in understanding how to apply the basics of critical refugee studies in the therapeutic process.



BUILDING RAPPORT

34% increase in understanding how to build rapport and work with SE Asian clients who have a history of refugee experiences.



PARTICIPANTS' TAKEAWAYS



Specifically, after the training, participants were more likely to agree that they:

- Can describe examples of intergenerational and historical trauma that affect SE Asian refugees and asylum seekers.
- Understand how to apply the basics of critical refugee studies in the therapeutic process.
- Understand how to build rapport and work with SE Asian clients who have a history of refugee experiences.