

USCRI

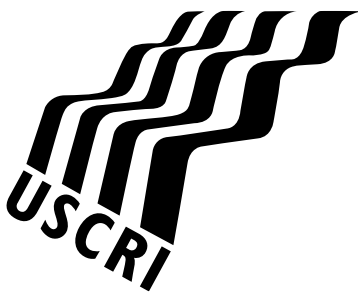
Supporting Refugee & Newcomer Youth through Uncertainty

Navigating Loss, Separation, & Fear

Refugee Youth Resource Center

May 2026

INTRODUCTIONS



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WHO ARE WE?



- Refugee Services
- Policy and Advocacy
- Humanitarian Legal Services
- Anti-Trafficking Services
- International Programs
- Children's Services

**Note: USCRI is a Non-Governmental Organization (NGO)*

REFUGEE YOUTH RESOURCE CENTER



- Building provider capacity to foster refugee youth resilience and child safety

- Services include:
 - Monthly webinars
 - Targeted trainings
 - Case consultation helpline
 - Resource website for clients and providers
 - Community resource directory

- Visit us at refugee-youth.org

LEARNING OBJECTIVES

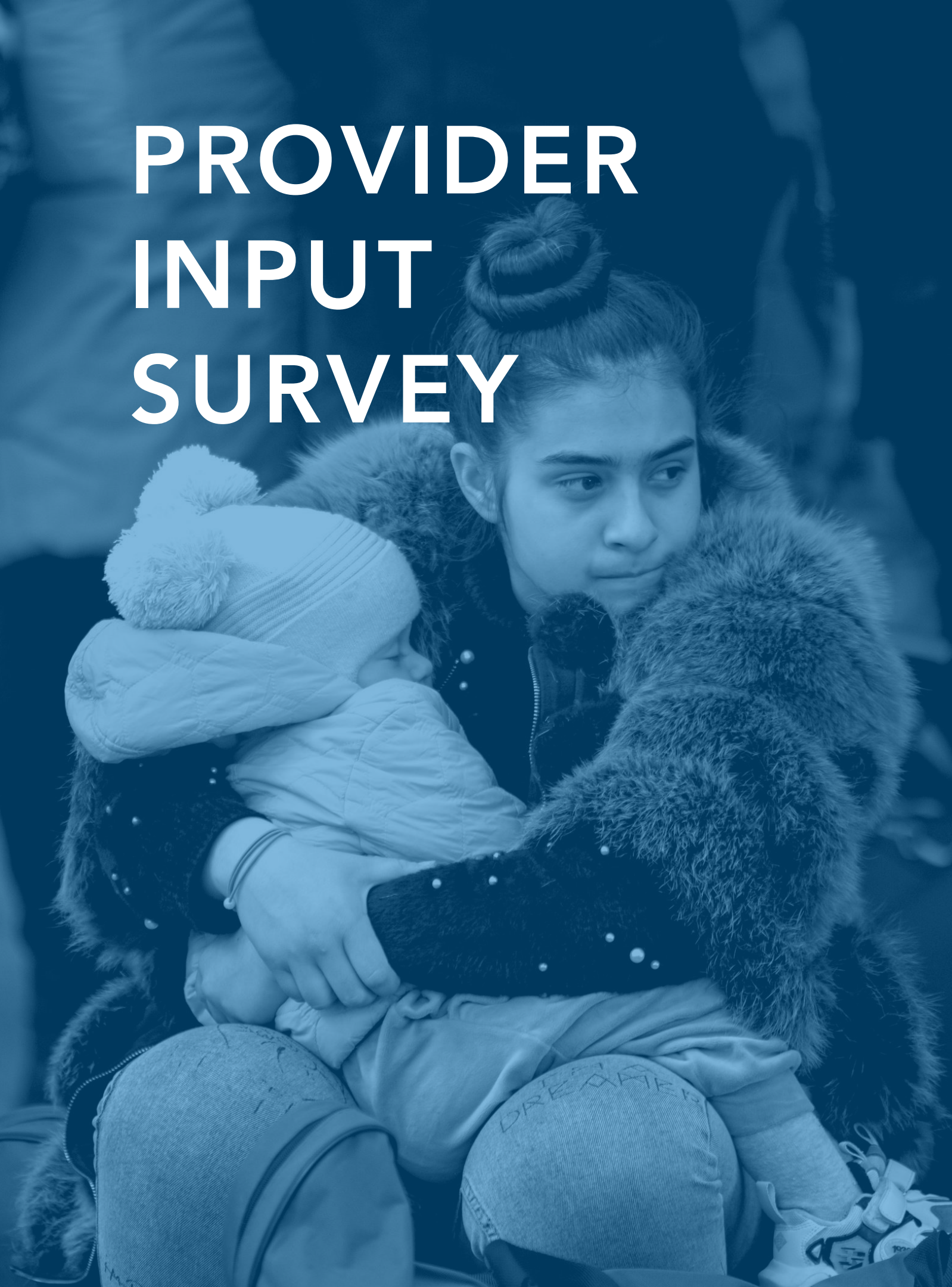
By the end of the webinar, you will be able to...

- ① Describe current immigration-related stressors and their impacts on newcomer youth, families, and communities
- ② Support newcomer youth and families experiencing immigration-related stressors through culturally responsive and strengths-based approaches, family preparedness planning, connection to community resources, and education on their rights
- ③ Identify the emotional impacts of the current immigration landscape on staff and implement strategies to support staff well-being



Immigration-Related Stressors & Their Impacts

PROVIDER INPUT SURVEY



What changes, challenges, or concerns have you observed among refugee and newcomer youth and families related to immigration-related fear or uncertainty?

- “Families are not sure where to go, what to do, and who to trust with questions - especially with in-between or in-limbo immigration status.”
- “Fear of their family being detained and an uncertainty of how funds will be managed to care for the children as a result of a caregiver’s sudden detainment.”
- “Families are feeling deterred by lack of options for legal asylum, or changes to requirements that affect their ability to stay legally in the country.”
- “Families have begun trying to ‘hide’ who they are. Removing symbols from their cars that may identify them as Afghan/Muslim. Some families have asked if their high school girls should dress more ‘American.’”

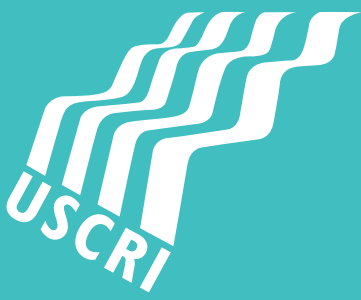
PROVIDER INPUT SURVEY



How is immigration-related fear or uncertainty showing up in the day-to-day lives of the youth and families you serve?

- “We see increased stress and anxiety in youth - lack of engagement in academic work, distractibility, withdrawal from peers, and increases in fighting and drug use.”
- “We’re seeing new caregivers in the cases of parent deportation.”
- “We have seen community members withdrawing from their participation in the community due to fears of ICE interaction. Parents and youth are less likely to attend school meetings, events, or community programs.”
- “We see heightened emotional sensitivity and increased reactivity to small stressors in youth.”
- “Lack of clear, concrete information, misinformation, and lack of English fluency leads to anxiety and families being afraid to ask for help.”

CURRENT IMMIGRATION-RELATED STRESSORS



- Refugee rescreening process
- Increased immigration enforcement actions
- Fear of detention or deportation
- Family separation (past or potential)
- Uncertain or changing legal status
- Misinformation or lack of access to reliable information
- Cuts and changes to programming and public benefits for refugees and immigrants

IMPACTS OF IMMIGRATION-RELATED STRESSORS ON NEWCOMER YOUTH



Emotional

- Persistent fear or anxiety (worry, panic or dread)
- Helplessness and hopelessness
- Sadness or guilt
- Irritability or anger



Physical

- Sleep difficulties or nightmares
- Headaches or stomachaches
- Changes in appetite
- Being “on edge” or easily startled



Cognitive

- Confusion about what’s happening
- Decreased concentration and memory
- Declining school performance



Behavioral

- Withdrawal or social isolation
- Risk-taking or self-destructive behaviors
- Regressive behaviors (clinginess, thumb-sucking, etc.)
- School absences


IMPACTS ON FAMILIES



- Increased caregiver stress and emotional overwhelm
- Financial, food, and housing instability
- Chronic uncertainty and inability for future planning
- Disruption of daily routine
- Changes in caregiver and family roles
- Reduced opportunities for family connection
- Fear of sharing information with schools, healthcare, child protective services, and other service providers
- Decreased family engagement and communication with service providers
- Heightened intergenerational stress with families



IMPACTS ON THE BROADER COMMUNITY

- Increased **misinformation**
 - Community-wide **fear and isolation**
 - **Avoidance** of school, services and public spaces
 - Secondary **trauma**
 - Emotional **impact** on helpers
 - Increased **risk of exploitation** due to fear of seeking help
 - Decreased/cut funding and **strained social and community support** systems
 - **Limited trust** in authorities and service providers
- 

CASE SCENARIO 1



and renewed their work authorization on time.

Source: <https://www.youtube.com/watch?v=7QR6tIEBlzk>

CASE SCENARIO 1 DISCUSSION



Please share responses in Slido

- What signs of stress or fear might you see in children and youth experiencing immigration-related uncertainty like Sahil and Yesriba?
- How can you as a provider respond in a trauma-informed and age-appropriate way to help Sahil, Yesriba, and their family feel safe, supported, and connected during this time of uncertainty?





Supporting Youth & Families: Trauma- Informed, Culturally- Responsive Strategies

INTERACTIVE DISCUSSION



Please share responses in the chat

- What strategies have you found effective when working with newcomer youth and families during this period of uncertainty?



CORE PRINCIPLES OF TRAUMA INFORMED CARE



Safety

Collaboration
& Mutuality

Trustworthiness
& Transparency

Empowerment, Voice,
& Choice

Peer Support

Cultural Humility
& Responsiveness

STRENGTHS-BASED & CULTURALLY RESPONSIVE APPROACH




- Create a space for youth to share their voices
- Promote decision-making
- Recognize resilience and survival skills
- Connect youth and families to trusted community supports and extended networks
- Honor family and cultural values
- Respect spiritual and cultural coping practices





STRATEGIES FOR TALKING WITH CHILDREN & YOUTH ABOUT IMMIGRATION FEARS

- Name and validate emotions without judgment
 - Provide accurate information in a calm manner, without eliciting panic
 - Focus on safety and routines
 - Use play, drawing, and storytelling
 - Allow space for questions
 - Avoid overwhelming children and youth with details
 - Connect youth to trusted resources and mental health services
- 

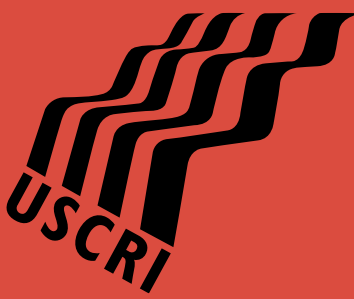
PRACTICAL SUPPORT STRATEGIES



Acknowledge fears & support emotional well-being

- Help children and youth regulate before providing information and problem-solving
- Normalize and validate emotions
- Teach youth coping and relaxation skills such as:
 - Breathing techniques
 - Grounding techniques
 - Exercise and movement

PRACTICAL SUPPORT STRATEGIES



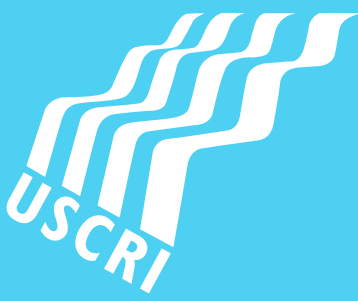
Help newcomer youth & families prioritize

- Ask: What feels most worrying/important right now?

Provide information & education

- Educate families about their rights in the U.S.
- Address misinformation carefully by providing accurate, updated information
- Be honest about what you do and don't know
- Verify policy and benefits information regularly
- Provide written and/or visual summaries of the information you discuss

EDUCATING FAMILIES ON THEIR RIGHTS & RESPONSIBILITIES



Know Your Rights.



A Guide for Survivors of Human Trafficking, Asylum Seekers, Parolees, and non-U.S. Citizens
This information is for educational purposes and should not be used as a substitute for legal assistance. If you or someone you know needs legal assistance, please contact an attorney.

Know Your Responsibilities

- Memorize the phone number of a friend, family member, or attorney to call if you are arrested.
- Make plans for the care of your children or other loved ones if you are arrested.
- Prepare people in your care (ex. children and older parents) on what to do if you are detained.
- Designate a trusted person to make financial and childcare decisions if you are unable.
- Keep your immigration documents, criminal records, and other important documents in a safe place where a trusted person can access them.
- Make sure your loved ones know your immigration number (A number) and how to find you if you are detained by ICE.
- Remember the details of an encounter with law enforcement, and film it if you can.

Know Your Rights

If you are arrested or detained

- You have the right to remain silent when questioned by law enforcement. You can say, "I do not want to answer your questions."
- If you are not under arrest, ask if you are being detained. If the answer is no, ask, "Am I free to leave?" If the answer is yes, calmly leave.
- Ask for an interpreter if English is not the language you are most comfortable with.
- You do not have to sign anything you do not understand.
- You have the right to call the consulate of your home country, and your consulate must be allowed to visit or speak with you.
- If you are detained by immigration officers, you have the right to seek an attorney, but the government does not need to provide one—ask for one immediately.
- If you are detained by the police for a crime, you have the right to a free attorney (public defender) during questioning.
- You have the right to appeal a deportation order or criminal conviction.
- Police and immigration officers should never ask you for money.

Know Your Responsibilities

If you are arrested or detained

- Stay calm.
- Do not run away, argue, resist, or obstruct a police or immigration officer, even if you believe your rights are being violated.
- Do not say anything to police or immigration officers.
- Keep your hands where police or immigration officers can see them.
- Do not lie about your immigration status or give false documents.
- If you are over 18, consider carrying a copy of immigration status documentation with you.
 - Always keep a copy on your phone.
 - If the officer asks about your immigration status, you have the right to remain silent by saying, "I do not want to answer your questions. I want to speak to a lawyer."

Refugees.org

You have constitutional rights:

- **DO NOT OPEN THE DOOR** if an immigration agent is knocking. If you are inside of your house, show the card through the window or slide it under the door.
- **DO NOT ANSWER ANY QUESTIONS** from an immigration agent if they try to talk to you. You have the right to remain silent.
- **DO NOT SIGN ANYTHING** without first speaking to a lawyer. You have the right to speak with a lawyer.
- If you are outside of your house, **SHOW THIS CARD TO THE AGENT**. Ask the agent if you are free to leave and if they say you can, leave calmly.

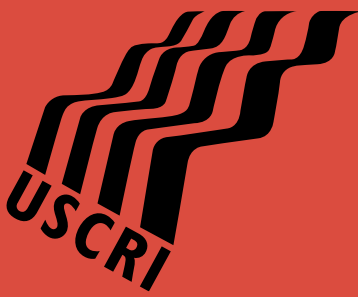


www.RedCardOrders.com

Know Your Rights can be found at
<https://refugees.org/knowyourrights/>

Red Cards can be found at
<https://www.ilrc.org/redcards>

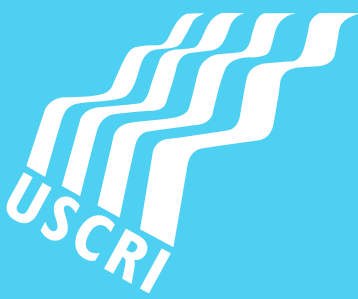
PRACTICAL SUPPORT STRATEGIES



Encourage family preparedness planning

- A family preparedness plan should include:
 - Emergency contacts
 - The plan if caregiver(s) are detained
 - Alternate caregiver for the children and established power of attorney
 - Financial planning including legal expenses
 - Organization of important documents

KIND FAMILY PREPAREDNESS PLAN



KIND
KIDS IN NEED OF DEFENSE

Family Preparedness Plan

Parents or caretakers of a child may wish to make emergency plans in case they become unavailable to care for that child. Here are some suggestions for how to create such a plan, to ensure that others have the information and documents they need to help care for your child.

Decide who can care for your child if you become unavailable.

Talk to family members and other adults you trust to find someone who will be able to care for your child if you become unavailable. You can make an informal agreement, or you can seek information about how to get a formal legal document that will authorize that person to care for your child in your absence. The options for asking a court for a legal document that names an alternate caregiver for your child vary by state. Additional state-specific resources are listed at the end of this document.

Caution: Notario fraud is common! Be sure that any person you ask to help you get a formal legal document is a licensed attorney in good standing.

Tip: Memorize the phone number of a person you trust to care for your child, and have your child(ren) memorize it, too.

Write down important information about your child.

Collect information about alternate caregivers, including their contact information, and record it in the document included in this packet. You can also list other important things in that document, such as information about your child's school, medical care, or other important contacts. Be sure to include information about the child's immigration attorney. Make sure the child, trusted family members, and the child's attorney have a copy of the information sheet and know where to find the child's important documents.

Talk to your attorney.

If you have an attorney, talk to them about your emergency plans in case you are separated from the child you are caring for. The attorney may be able to help you with your plan or refer you to an organization that can. Make sure that the child and their alternate caregiver know how to contact the child's attorney if the child ever becomes separated from their parent or caregiver.

Family Preparedness Plan
January 2025 | supportkind.org

KIND
KIDS IN NEED OF DEFENSE

INFORMATION SHEET (complete one for each child)

Fill in as much information as possible on this form and keep a copy in a safe place. Make sure your designated caregivers and all family members (including children) know where to find the completed form.

Child's Information	
Child's name	
Date of birth	
Phone & email	
Address	
Alien Number ("A-number")	
School name & contact information	
Teacher's name & contact information	
Allergies	
Medical conditions	
Medications	
Doctor's name & contact information	
Health insurance company & policy no.	
Dentist's name & contact information	
Dental insurance company & policy no.	
Therapist or mental health provider name & contact information	
Case manager or social worker name & contact information	

Family Preparedness Plan
January 2025 | supportkind.org

KIND
KIDS IN NEED OF DEFENSE

CHECKLIST OF DOCUMENTS

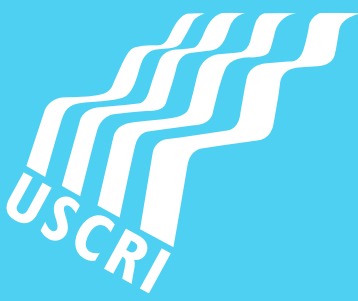
Keep information in a safe place and make sure your designated caregivers and family members (including children) can find this information. If possible, make a photocopy of each document and keep the copies together in a folder.

- CHILD'S GENERAL INFORMATION**
 - Child's Birth Certificate
 - Child's Passports
 - Copy of any identification cards (Driver's License, Social Security Card, ITIN)
 - Marriage certificate (if applicable)
- DESIGNATED ALTERNATE CAREGIVER DOCUMENTS**
 - Designated caregiver documents (affidavit of non-parent relative or power of attorney) (if applicable)
 - Medical consent
- CHILD'S MEDICAL DOCUMENTS**
 - Medical consent
 - Child's vaccination records
 - Important medical documents if your child has a health issue/disability
 - List of child's medications and allergies
 - Copy of child's health insurance cards
 - Copies of child's relevant medical and mental health records
- CHILD'S LEGAL DOCUMENTS**
 - Child's immigration documents (immigration court documents, copies of immigration petitions/applications, approval notices, old work permits)
 - Parents'/Caregivers' immigration documents (immigration court documents, copies of immigration petitions/applications, approval notices, old work permits)
 - Child custody documents (if applicable)
 - Notarized permission for guardian to travel outside the United States with your child (if applicable)
 - Protective orders (if applicable)
 - Parents'/Caregivers' birth certificates, passports, or other identification documents
 - Criminal history documents
- OTHER DOCUMENTS**
 - School enrollment, report cards, diploma/GED, scholarship documents
 - Benefits documents

Family Preparedness Plan
January 2025 | supportkind.org

Source: [Kids In Need of Defense](https://www.kind.org/)

USCRI SAFETY PLANNING



USCRI KNOW YOUR RIGHTS

Safety Planning

A Guide for Families to Prepare for Immigration Enforcement Arrests and Detention



SAFETY TIPS

- ▶ Memorize your immigration number (A-number).
- ▶ Avoid visiting jails and prisons.
 - ▶ Immigration officials can make agreements with local and state police to be in jails and prisons to identify non-U.S. citizens
- ▶ Avoid public areas that are dangerous or known to locals as a place where non-U.S. citizens gather.
 - ▶ It is easier for police to arrest you if you are in a public area, compared to when you are in a home.
- ▶ Inform your household of their rights
 - ▶ Let your family, children, and people living in your home know their rights. Share **Know Your Rights** resources with them



MEDICAL NEEDS

- ▶ If you have a medical condition, make and carry a card with you at all times that lists your medical condition and medications with names and dosages.
- ▶ Let a trusted person know about your medical condition and what you need for medical care.
- ▶ Consider signing a HIPAA form, giving them permission to access your medical records, to pick up prescriptions, and to talk to your doctor about your medical needs.


FINANCIAL PLANNING

- ▶ Let a trusted U.S. citizen or lawful permanent resident adult know your bank account information or where your money is kept. This will help ensure that your finances are in order if you are detained or deported. Without a plan, you could get behind on bills, rent, and school fees. Your children and family will need money to stay in their home and buy food.
- ▶ You can give the trusted person special power of attorney in writing, so that they can make financial decisions for you. This allows them to pay bills, deposit checks, and pay your bond.
- ▶ Make sure your children and family have an emergency fund.

USCRI KNOW YOUR RIGHTS

Safety Planning

A Guide for Families to Prepare for Immigration Enforcement Arrests and Detention



CHILDCARE

- ▶ Ask a trusted U.S. citizen or lawful permanent resident adult to be your children's backup guardian if you are detained or deported. Make sure you have paperwork noting this decision. Every state has different laws on guardianship or power of attorney, which may require filing with the state office or family court
- ▶ Give the trusted person information about your children's school, medical conditions, and other emergency contact numbers.
- ▶ Share the plan with your children. Make sure they have emergency numbers and know who to contact.

KEEP RECORDS SAFE

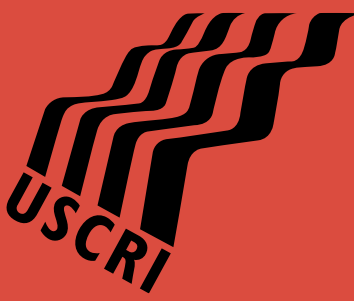
- ▶ In a safe place, keep every original copy of your immigration papers, including visas, applications, receipts, notices, passports, and work authorization.
- ▶ Keep a copy on your phone.
- ▶ If you have a pending immigration case, such as asylum, prepare and update your evidence.
- ▶ Keep every original copy of traffic citations, traffic tickets, receipts of payment, court documents, and criminal history records. If you don't have them, request them from the county, state, or court.
- ▶ Let your family, attorney, and other people you trust know where these records are located.



LEGAL ASSISTANCE

- ▶ Memorize or keep a copy of your attorney's phone number and email.
- ▶ If you don't have an attorney, memorize or keep a copy of a law firm or nonprofit legal aid's phone number.
- ▶ Share this information with your children, family, and other people you trust.
- ▶ Have a list of phone numbers and addresses of the nearest immigration detention centers, police station, jail, and prison. Share this list with your trusted contacts and family.

PRACTICAL SUPPORT STRATEGIES



Support mental health

- Referrals to mental health services if daily functioning is impacted and the family consents to services
- Normalize seeking help

Connect youth & families to resources

- Legal services
- Community & faith-based organizations
- Food banks
- Rental assistance

PRACTICAL SUPPORT STRATEGIES



Adapt services

- Offer virtual or flexible services
- Increase the frequency of check-ins

Champion newcomer caregivers supporting their children

- Encourage maintaining routines when possible
- Coach caregivers on how to talk with their children about immigration-related fears in age-appropriate ways



CASE SCENARIO 2

Olena is a single mother from Ukraine with three children: Kateryna (14), Mykola (8), and Anya (3). She arrived in the U.S. under humanitarian parole after fleeing the war in Ukraine. She has been unable to apply for asylum due to high legal fees and limited access to legal support.

Despite these challenges, Olena works long hours to support her family and has established a stable routine for her children, prioritizing school, childcare, and a daily structure and routine.

One day, Olena is detained during an immigration enforcement operation while at work and is unable to contact her family.

That afternoon, Kateryna returns home and realizes her mother is not there. As hours pass without any response to calls or messages, Kateryna becomes increasingly worried. She picks up her sister Anya from childcare, prepares food for her siblings, and tries to comfort them while managing her own fear and uncertainty.

Overnight, Kateryna takes on a caregiving role she is not prepared for. The next day, she arrives late for school. A teacher notices something is wrong and checks in with her.

CASE SCENARIO 2 DISCUSSION



Please share responses in Slido

- How might the children of different ages (3, 8, and 14) be impacted by the loss of their mom?
- How could you proactively prepare families for an unexpected situation like this? What would you include in a family preparedness plan?





Supporting Staff Well-being

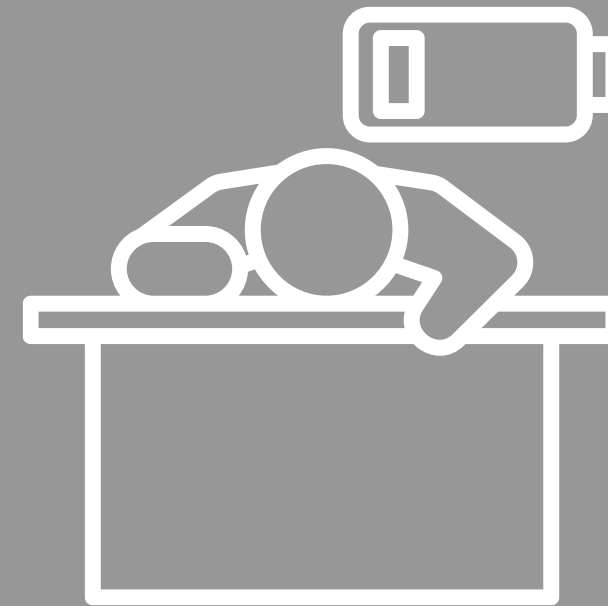
EMOTIONAL IMPACT OF CURRENT IMMIGRATION CLIMATE ON PROVIDERS



Feelings of Helplessness



Secondary Traumatic Stress




Burnout



Moral Distress

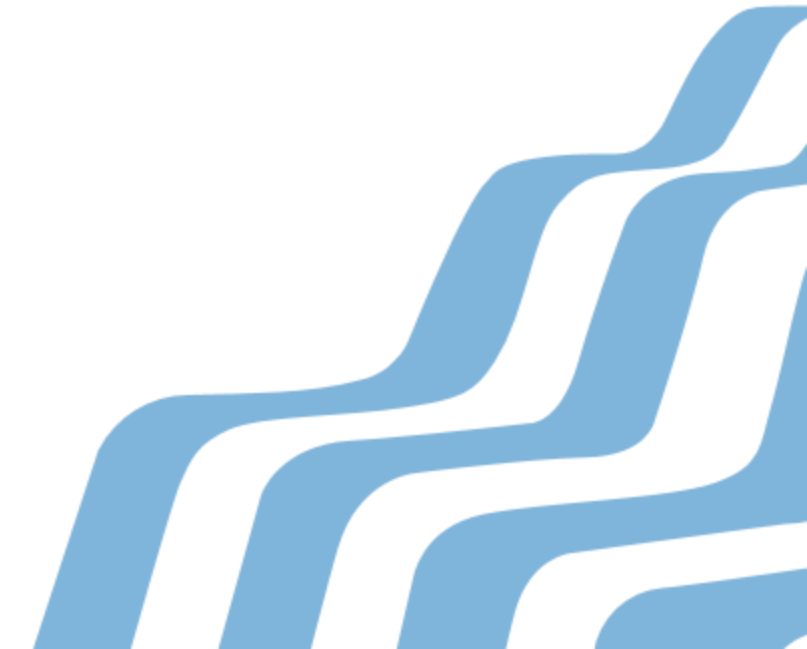
A woman in a white sweater is writing in a notebook while a man looks at a laptop screen. The image is overlaid with a blue tint.

INDIVIDUAL STRATEGIES TO SUPPORT STAFF WELL-BEING

- Set and maintain boundaries
 - Take short breaks and reset
 - Engage in restorative activities
 - Regularly check in with yourself
 - Seek support from supervisors, peers, and mental health professionals
 - Avoid over-exposure to news and/or distressing content
- 



TEAM LEVEL STRATEGIES TO SUPPORT STAFF WELL-BEING

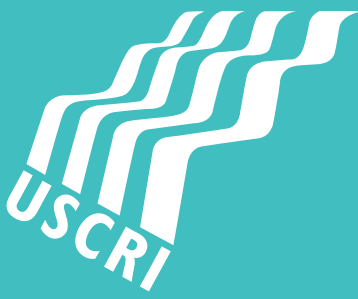
- Create opportunities for peer support
 - Provide supportive supervision and debriefing after difficult cases
 - Normalize the emotional impact of the work
 - Review and redistribute caseloads, where needed
 - Celebrate successes, both large and small
 - Foster a safe and supportive work environment
- 



ORGANIZATION LEVEL STRATEGIES TO SUPPORT STAFF WELL-BEING

- Promote realistic workloads and expectations
- Set guidance around work hours and client contact after hours
- Provide and encourage adequate time off
- Provide clear and consistent communication and guidance
- Integrate staff wellness into policies and procedures
- Offer regular training on burnout, secondary trauma, and resilience
- Provide training for supervisors and leadership on supportive supervision
- Recognize the unique experiences and impact this work can have on staff who are former refugee themselves

Resilience ABCs



AWARENESS - Encourage staff to monitor their own well-being. What signals that they are feeling overwhelmed?



BALANCE - Have staff reflect on what they usually do to help restore themselves when they are feeling depleted. What support do they need to restore a healthy balance?



CONNECTION - Remind staff that connection is one of the primary ways to foster resilience. Who do they find connection with? Who can they contact if they need support or to process emotions?



CASE SCENARIO 3

During a period of increased immigration enforcement, families served by a refugee resettlement provider are experiencing fear and uncertainty. Parents worry about family separation, avoid leaving their homes, and frequently contact case managers, often outside of work hours, seeking reassurance or someone to listen.

Staff want to support families, but the emotional toll is growing. They are hearing daily stories of fear while struggling with limited answers, their own stress, and exhaustion. Many work longer hours and blur boundaries out of a sense of responsibility. Staff who are former refugees find themselves experiencing similar stress and fears as their clients related to changing policies, increased immigration enforcement, and uncertainty about their future legal status in the U.S.

Koffi, a resettlement supervisor, begins to notice strong compassion alongside clear signs of burnout. Staff feel overwhelmed, emotionally drained, and under pressure to “hold everything together” during a time when they are supporting refugee families through many uncertainties and policy changes.

CASE SCENARIO 3 DISCUSSION



Please share responses in Slido

- What signs of stress or burnout do you notice among staff in this scenario?
- How can staff show empathy and support families without taking on the responsibility to “fix” everything?
- Thinking about your professional role, what can you do to prevent burnout and compassion fatigue during this time?





Conclusion & Resources

PRESENTATION TAKEAWAYS



Explored current immigration-related stressors and their impacts on newcomer youth, families, and communities



Identified strategies to support newcomer youth and families including culturally responsive and strength-based approaches, family preparedness planning, connection to community resources, and educating families on their rights



Identified the emotional impacts of the current immigration landscape on staff and strategies to support staff well-being

REFLECTION

Share one strategy or new piece of information that you are taking away from this training that you will implement to support newcomer youth and families in your community.



REFUGEE YOUTH RESOURCE CENTER



Improving outcomes for refugee children, youth, and their families through resources, education, and provider support

ADDITIONAL RESOURCES



Relaxation & Coping Techniques

- USCRI | [4-7-8 Breathing](#)
- USCRI | [Progressive Muscle Relaxation](#)
- First Aid Arts | [First Aid Arts Mini Toolkit](#) (available in 8 languages)

Safety Planning

- USCRI | [Safety Plan for Older Children, Older Children with pictures, and Younger Children](#)
- USCRI | [Know Your Rights](#) and [Safety Planning](#)
- Kids in Need of Defense | [Family Preparedness Plan](#)
- Immigrant Legal Resource Center | [Step-By-Step Family Preparedness Plan](#)
- Immigrant Legal Resource Center | [An Orientation to Family Preparedness Plans in California](#)
- Immigrant Legal Resource Center | [Red Cards](#)

ADDITIONAL RESOURCES



Mental Health Guidance

- The National Child Traumatic Stress Network | [Childhood Traumatic Separation: Youth Information Sheet](#)
- The National Child Traumatic Stress Network | [Traumatic Separation and Refugee and Immigrant Children: Tips for Current Caregivers](#)
- The National Child Traumatic Stress Network | [Guiding Caregivers: How to Talk to a Child about Deportation or Separation](#)
- Switchboard | [Five Early Ways to Respond to Newcomer Youth Mental and Behavioral Health Concerns](#)
- Switchboard | [Supporting Clients and Staff Affected by the Crisis in Afghanistan](#)
- Children's Immigration Law Academy | [Social Work Corner - Nine Strategies for Engaging Tender Age Unaccompanied Children and Youth - September 2025](#)
- Women's Refugee Commission | [Detained or Deported: What about my Children?](#)
- Center for Adjustment Resilience and Recovery | [Talking with Clients Expressing Fear and Distress Related to Potential Immigration Enforcement Actions](#)

ADDITIONAL RESOURCES

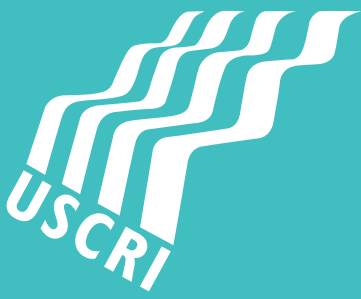


Community Resources

- USCRI | [Community Resource Directory](#)

Legal Services

- USCRI | [Legal Intake Form Tool \(LIFT\) for Immigration Assistance](#)
- National Immigration Law Center | [Resources](#)
- Executive Office for Immigration Review | [List of Pro Bono Legal Service Providers](#)
- Immigration Advocates Network | [National Immigration Legal Services Directory](#)



Thank You!

Contact Us:

refugeeyouthrc@refugees.org

The production of this material was supported by Grant #90RB0054 from the Administration for Children and Families (ACF). Its contents are solely the responsibility of the U.S. Committee for Refugees and Immigrants (USCRI) and do not necessarily represent the official views of ACF.