

## **Evidence Based Practices & Local Resources for immigrant populations**

### **Common Mental Health issues immigrant populations face today (Pottie, 2011):**

- Depression
- PTSD
- Child maltreatment
- Intimate partner violence
- Trauma

### **Principles Clinicians Should Apply to Provide Effective Mental Health Services for immigrant populations (APA, 2013):**

- Use an ecological perspective.
- Integrate evidence-based practice with practice-based evidence.
- Provide culturally competent treatment.
- Partner with community-based organizations.
- Incorporate social justice principles in providing service.

### **How should I begin to assess clients who are immigrants (Pottie, 2011)?**

- Determine each person's age, sex, country of origin, immigration story
- Work with interpreters, the client's family, and community support networks to support culturally sensitive counseling

### **Local community support networks in San Diego, CA for immigrant populations:**

1. [CSA SAN DIEGO COUNTY | IMMIGRANT RIGHTS AND EDUCATION](#)

Phone: (619) 444-5700

Address: 131 AVOCADO AVE EL CAJON, CA 92020 [view map](#)

- Provides information on immigrant rights
- Can provide referrals to immigration lawyers, citizenship information, and voter's education.
- Assistance available to victims of the immigration (ICE) raids.

2. [SAN DIEGO RAPID RESPONSE NETWORK](#)

Phone: (619) 536-0823

- Works to respond to dehumanizing immigration enforcement activities including, check points, raids, arrests and harassment occurring in San Diego County.

3. [EQUALITY ALLIANCE OF SAN DIEGO COUNTY | ALLIANCE SAN DIEGO](#)

Phone: (619) 269-1823

Address: P.O Box 12266 San Diego, CA 92112 [view map](#)

- Works with a cross-section of organizations to tackle difficult issues immigrants face
- The organization's goal is to achieve greater impact by mobilizing community voices to change detrimental policies that marginalize families and generate policies that enable all people to achieve their full potential.