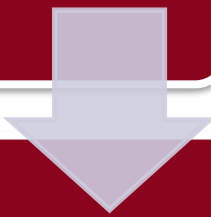
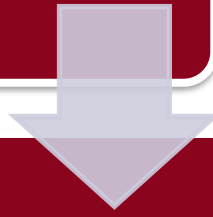


IDENTITY AND CULTURE

Identity and intersectionality are powerful contexts in which a person's experience of trauma are shaped and a significant reason that the same event can be traumatic for one person but not for another



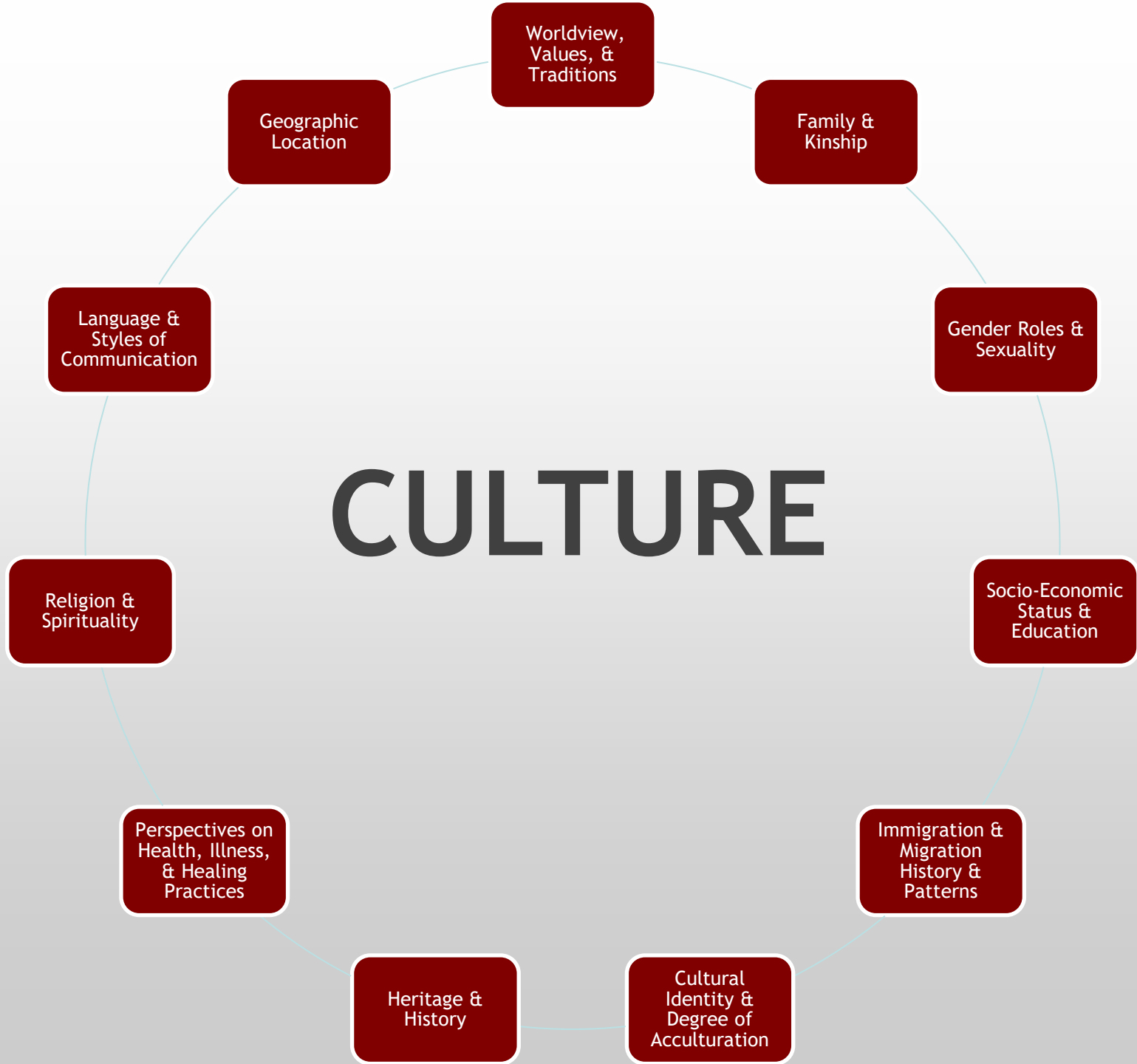
Historical, racial, and other intergenerational traumas are a part of a person's experience



When we are trauma informed, we

- recognize and respect this reality
- show humility about the aspects of a person's cultural experiences that are different from our own and that we might not fully understand

CULTURE



CULTURE AND TRAUMA

- Some populations and cultures are more likely than others to experience a traumatic event or a specific type of trauma
- Culture influences not only whether certain events are perceived as traumatic, but also how an individual interprets and assigns meaning to the trauma
- Culture significantly influences how people convey traumatic stress through behavior, emotions, and thinking
- In addition to shaping beliefs about acceptable forms of help-seeking behavior, culture can provide a source of strength, unique coping strategies, and specific resources

VULNERABLE POPULATIONS & TRAUMA

Most people in human service systems have trauma histories. Many have experienced multiple sources of trauma.

- mental health consumers
 - people who are unhoused
 - people who have been justice involved
 - veterans
 - children who have been in foster care
 - people with substance use disorders
 - individuals with significant health issues (i.e. HIV/AIDS)
 - migrants, asylum seekers, and refugees
-

REFUGEES, ASYLUM SEEKERS, & MIGRANTS

- **Refugees** are people who have fled their home country to escape conflict, violence, or persecution and have sought safety in another country (UNHCR)
- **Asylum seekers** also flee their home countries and seek safety in a foreign land, however unlike refugees who apply for protection from a host country, asylum seekers often travel to their desired country and request asylum upon arrival or shortly thereafter
- **Migrants** encompass a broader category of individuals who move from one place to another, often in search of better economic opportunities

TRAUMA & THE MIGRANT COMMUNITY

- Trauma is often experienced premigration, during migration, and postmigration
- Harsh US immigration policies exacerbate already existing problems:
 - Poor mental health, stigma, fear
- Barriers that limit ability to receive psychological care resulting in:
 - Mental health stigma, distrust of service systems, cultural and linguistic differences

HOW DOES IMMIGRATION CAUSE TRAUMA?

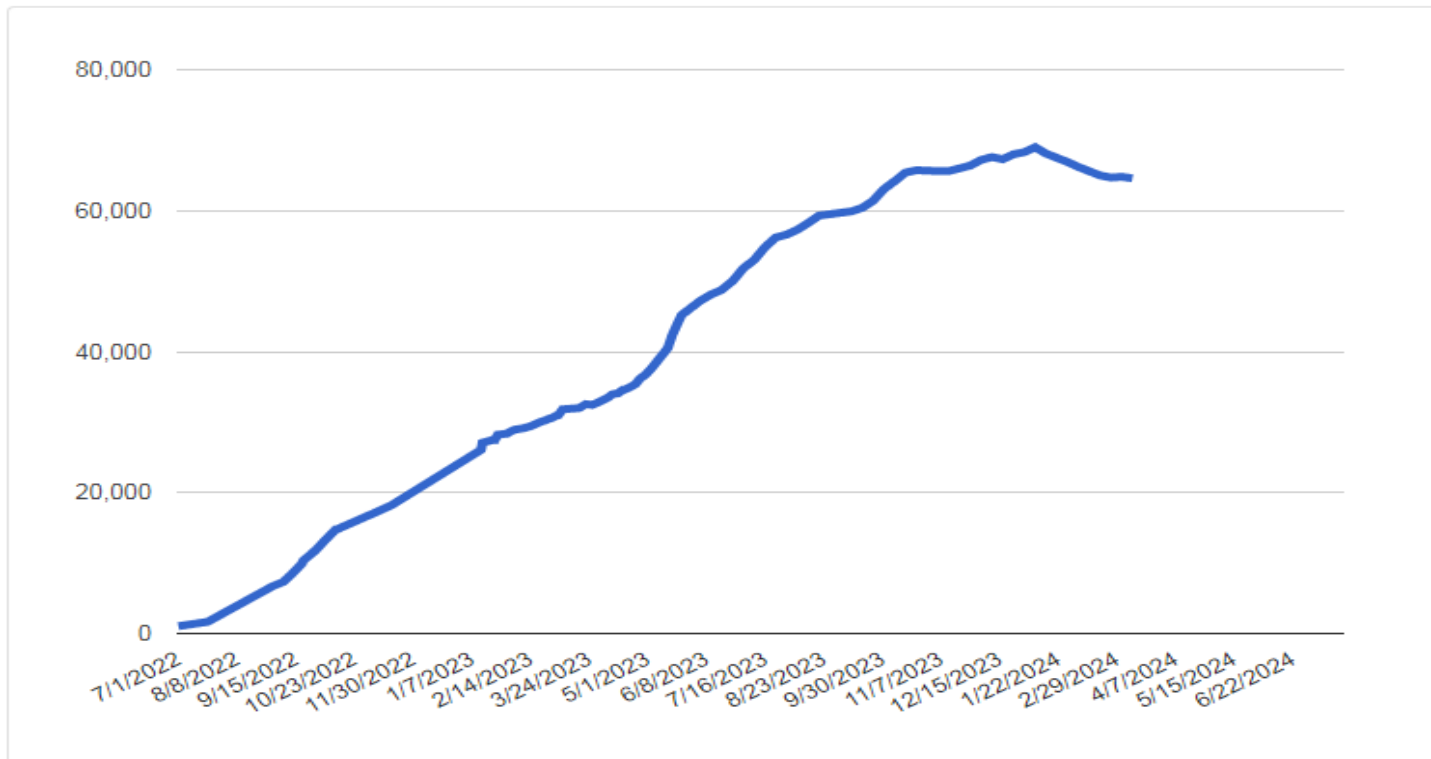
Loss of identity
and security

Lack of tools or
resources to
cope in a new
environment

Violence,
assault, loss of
family members

Uncertainty and
lack of stability

Asylum Seeker Population in City Funded Shelter (Individuals)



Source: NYC Mayor's Office and Office of the NYC Comptroller

Note: Asylum seeker population represents all asylum seekers in City funded shelter at the associated date. It does not include individuals outside of the shelter system, including those waiting for shelter at waiting rooms.