

Centre for Refugee Resilience

Adult Trauma Therapy

Inclusion criteria:

- Immigrant or refugee background (18 and older)
- Presenting with symptoms of trauma
- Have trauma as the primary issue they wish to address
- Have economic and social barriers to accessing other therapy services
- Are open to engaging with services and can consistently engage with services on a regular frequency as decided with the therapist
- Are stable enough to engage with services (their lives are in a general state of consistency/routine)

Exclusion criteria:

- In immediate transition or immediate crisis
- Experiencing current domestic violence
- The primary issue they wish to address relates to another area of expertise (i.e., domestic violence, acculturation, untreated addictions, or anxiety, depression, and stress management not related to trauma)
- They are financially able to seek counselling privately
- Court mandated to attend therapy
- They are not able to engage with scheduled therapy appointments (i.e., not able to come to our office downtown independently)
- Their focal request is for a formal assessment for legal or educational purposes (they can access services regardless, but the assessment will not be done at CCIS)
- Experiencing untreated psychiatric concerns (for example, auditory or visual hallucinations, psychosis, etc.)
- Seeking immediate risk assessments (they can access service with us, but they must seek a more appropriate resource that is available on-call to address immediate risk; for example, suicidality)

Case Coordinator criteria

- For clients who are referred for adult trauma therapy, they will be paired with a case coordinator who supports their holistic needs. Some exclusion criteria for therapists could be supported by the case coordinator to move them towards readiness. These include:
 - In immediate transition
 - They are not able to engage with schedule therapy appointments or to travel downtown independently (the case coordinator would work with them to find solutions)
 - They are experiencing barriers to access trauma therapy supports
 - They need guidance to rule out other concerns, such as navigating the healthcare or legal systems, with the purpose of moving them towards readiness for therapy

*The intake coordinator will make recommendations for alternate resources when appropriate

Child and Youth Trauma Therapy

Inclusion criteria:

- Immigrant or refugee background (3 to 18 years old, plus older youth still attending high school)
- Presenting with symptoms of trauma
- Have trauma as the primary issue they wish to address
- Have economic and social barriers to accessing other therapy services
- Are open to engaging with services and can consistently engage with services on a regular frequency as decided with the therapist
- Are stable enough to engage with services (their lives are in a general state of consistency/routine)
- Parent(s) are able to commit to bimonthly follow up meetings with the therapist

Exclusion criteria:

- In immediate transition or immediate crisis
- Experiencing current domestic violence
- The primary issue they wish to address relates to another area of expertise (i.e., domestic violence, acculturation, learning difficulties not associated with trauma, issues related to developmental disabilities, or anxiety, depression, and school stress management not related to trauma)
- They are financially able to seek counselling privately
- Court mandated to attend therapy
- They are not able to engage with scheduled therapy appointments (i.e., not attending school OR not able to come to our office downtown independently)
- Their focal request is for a formal assessment for legal or educational purposes (they can access services regardless, but the assessment will not be done at CCIS)
- Experiencing untreated psychiatric concerns (for example, auditory or visual hallucinations, psychosis, etc.)
- Seeking immediate risk assessments (they can access service with us, but they must seek a more appropriate resource that is available on-call to address immediate risk; for example, suicidality)
- There are medical concerns that have not been addressed first (for example, ADHD or language delay would need to be assessed prior to engaging with services)

Case Coordinator criteria

- For clients who are referred for child and youth trauma therapy, they will be paired with a case coordinator who supports their holistic needs. Some exclusion criteria for therapists could be supported by the case coordinator to move them towards readiness. These include:
 - In immediate transition
 - They are not able to engage with scheduled therapy appointments or to travel downtown independently (the case coordinator would work with them to find solutions)
 - They are experiencing barriers to access trauma therapy supports
 - They need guidance to rule out other concerns, such as navigating the healthcare or legal or school systems, with the purpose of moving them towards readiness for therapy

*The intake coordinator will make recommendations for alternate resources when appropriate.

Family Therapy

Inclusion criteria:

- Immigrant or refugee background (any age)
- Presenting with indications or symptoms that family system has been affected by trauma
- Have economic and social barriers
- Relevant family members are open to engaging with services and are able to consistently engage with services on a regular frequency as decided with the therapist
- Are stable enough to engage with services (their lives are in a general state of consistency/routine)

Exclusion criteria:

- In immediate transition or immediate crisis
- Experiencing current domestic violence
- The primary issue they wish to address relates to another area of expertise (i.e., domestic violence, learning difficulties not associated with trauma, issues related to developmental disabilities, or anxiety, depression, and stress management not related to trauma)
- They are financially able to seek counselling privately
- Court mandated to attend therapy
- They are not able to engage with scheduled therapy appointments
- Their focal request is for a formal assessment for legal or educational purposes (they can access services regardless, but the assessment will not be done at CCIS)
- Relevant family member experiencing untreated psychiatric concerns (for example, auditory or visual hallucinations, psychosis, etc.)
- Seeking immediate risk assessments (they can access service with us, but they must seek a more appropriate resource that is available on-call to address immediate risk; for example, suicidality)
- There are medical concerns that have not been addressed first (for example, ADHD or language delay would need to be assessed prior to engaging with services)

Case Coordinator criteria

- For clients who are referred for family therapy, they will be paired with a case coordinator who supports their holistic needs. Some exclusion criteria for therapists could be supported by the case coordinator to move them towards readiness. These include:
 - In immediate transition
 - They are not able to engage with scheduled therapy appointments or to travel downtown independently (the case coordinator would work with them to find solutions)
 - They are experiencing barriers to access trauma therapy supports
 - They need guidance to rule out other concerns, such as navigating the healthcare or legal or school systems, with the purpose of moving them towards readiness for therapy

*The intake coordinator will make recommendations for alternate resources when appropriate.

Case Management

While this service is designed to offer psychosocial support to refugees affected by trauma, the case manager's role is secondary to the role of mental health professionals. Their role will involve collaboration with mental health professionals internal and external to the services of the Centre for Refugee Resilience.

Inclusion criteria:

- Must be a Yazidi youth (aged 5 to 24)
- Presenting with symptoms of trauma or mental health concerns
- An identifiable psychosocial concern with the child / youth, such as:
 - Pervasive feelings of fear, anger, anxiety, sadness
 - Social concerns such as isolation, conflict, aggression, lack of social skills, lack of confidence
 - Withdrawn, uninterested, flat affect
 - Survivor guilt - not allowing themselves to be happy
- Have economic and social barriers
- Are open to engaging with services in a variety of locations

Exclusion criteria:

- They are not a Yazidi Government Assisted Refugee
- Their focal request is for support that is not tied to trauma prior to arriving in Canada
- Seeking immediate risk assessments relating to suicidality, psychosis, violence, or other safety concerns (they can access service with us, but they must seek a more appropriate resource that is available on-call to address immediate risk)