

Preliminary Messaging to Raise Awareness about the Significant Impact of the Presidential Election on Youth Health and Well-Being

Since the presidential election on Tuesday, Ann & Robert H. Lurie Children's Hospital of Chicago has become aware of several reports that children and youth are experiencing significant distress. Youth who have been affected include frequently marginalized youth, such as LGBTQ youth and refugee/immigrant and undocumented children and youth, but may not be limited to these groups.

For refugee/immigrant children, fear of being forcibly separated from family through deportation is clearly traumatic and threatening, especially due to many immigrant populations' emphasis on the centrality of family. Many youth risked their lives to come to the United States to reunite with family members and have themselves often escaped traumatic and life-threatening events in their home countries that propelled them to seek refuge among family and relatives in the U.S. The threat of separation from family, or of the return to life-threatening circumstances, generates a sense of hopelessness and helplessness. For LGBTQ youth, they are frightened that civil rights and broader social acceptance that has been advancing in recent years are at risk. Children of same-gender couples may also fear the dissolution of their parents' marriage and subsequent loss of guardianship. These fears increase a sense of isolation and hopelessness for this group. As a result, college and community counseling centers are being overwhelmed with the volume of calls for support, and schools are reporting instances of hate speech, racist vandalism, and having to cancel classes due to safety concerns.

There is evidence that some students have interpreted the political rhetoric as giving them permission to bully other students of color and minority status. Youth who are victimized by bullies are at risk for severe mental health concerns. Among these youth especially vulnerable are:

- Visible minorities – due to skin color, style of dress (e.g., hijab)
- Gender non-conforming youth
- Refugee/immigrant children and adolescents as this population may not receive the help they need as many of these families do not seek traditional mental health services and lack access to other sources of support
- Recipients of DACA (Deferred Action for Childhood Arrivals) or “dreamers”. For many of these youth, the U.S. is the only country they have ever known and they are scared of both educational/employment disruption and deportation to their countries of origin, many of which are plagued by violence, and where they would be completely alone, without family, education, or employment
- Those whose family members also may be undocumented and experiencing the same distress
- And those with pre-existing risk factors for suicidal behavior, such as:
 - Depression and anxiety disorders
 - Prior suicide attempts or non-suicidal self-injurious behaviors
 - Substance use
 - Impulsive aggressive behavior
 - Socially withdrawn/isolated

IMPORTANT STEPS ADULTS CAN TAKE TO SUPPORT YOUTH

- 1. Model positive coping and stay calm.** Communicate with your words and your behavior that you will keep them safe.
- 2. Ensure and promote safety.**
 - Many of the racist and hateful things people say or do are not only wrong, but also against the law. Reach out to authorities and leaders who can help hold individuals accountable for promoting hatred.
 - Help youth identify safe spaces and safe adults who can speak up on their behalf.
- 3. Connect with social support and decrease sense of isolation**
 - Universities and schools can offer circles of support, and other safe spaces for students to express concerns and seek support.
 - Connect with faith communities, a source of support for many refugee/immigrant communities.
- 4. Raise awareness of organized support for refugee/immigrant/LGBTQ rights.** Just knowing that there are organizations who will safeguard their rights can be reassuring to youth. Increasing their sense of control and influence over their environment and their future promotes hope. By donating to or volunteering with these organizations, adults and youth both increase social support and sense of control over their situation.
 - It's important not to challenge or dismiss a young person's fears that prejudice will harm them. However, reassure them that there are people and organizations who will help.
 - Affirm LGBTQ identities by actively showing support for LGBTQ youths' orientation, gender identity or gender expression. Support can include helping the young person attend LGBTQ youth groups, advising or attending the LGBTQ student groups at your school if you are an educator, or including a young person's LGBTQ friends in family events if you are parent or family member.
- 5. Promote healthy coping.** Good ways for youth to cope include:
 - Keeping family and school routines
 - Relaxation practice
 - Talking and spending time with family, friends, or faith communities
 - Distraction
 - Using humor
 - Scheduling pleasant activities
 - Exercising
 - Writing in a journal
 - Being creative or artistic
 - Avoiding substance use and isolation
 - Limiting media use to avoid repetitive images and messages that remind them of bad events.
- 6. Familiarize yourself with signs of distress and signs of potential suicidality:**
 - Withdrawing from family and friends
 - Dramatic mood change
 - Threatening to kill him/herself
 - Talking, thinking, or writing about death or suicide
 - Feeling hopeless or helpless
 - Unusually reckless behaviors
 - Giving away prized possessions
 - Exposure to others' suicidal behavior
- 7. Link with available services (see below)**

KEY WAYS ADULTS SHOULD COMFORT CHILDREN

1. Remind children that ‘Adults around you will protect you.’

- Kids are scared by adult reactions, like strong emotions, violence, or talking about moving to other countries. This makes kids think that adults in their life are not in control and cannot keep them safe.
- It is important for parents to model taking care of themselves and good coping skills.

1. Remind children we have a government system of checks and balances.

- There are democratic processes in local, state, and federal governments.
- Lawmakers can use democratic processes to prevent individuals from making decisions alone.

2. Remind them there is still hope, and people will fight for them.

- The United States is a country of immigrants.
- Our country is founded on the principles of freedom of religion.
- Human and civil rights organizations will fight for individuals’ rights and to prevent unlawful decisions.
- We accept different opinions in a democracy, and individuals should stand up for what they believe is right.

Preliminary Resource Listing

Support for Youth

- Crisis Text Line
<http://www.crisistextline.org>
- The Trevor Project
<http://www.thetrevorproject.org>
- National Suicide Prevention Lifeline
1-800-273-TALK (8255) and www.suicidepreventionlifeline.org
- To Write With Love On Their Arms
<https://twloha.com>
- CARES Crisis Line, SASS Services – Illinois crisis mental health services program for children and adolescents
1-800-345-9049 (voice), 773-523-4504 (TTY) and <http://www.dhs.state.il.us/page.aspx?item=64971>
- Crisis/Emergency Mental Health Providers across Illinois
<http://www.dhs.state.il.us/page.aspx?item=30893>
- Center on Halsted
<http://centeronhalsted.org>
- American Academy of Pediatrics “[Talking to Children About the Election](#)”

Support for Family/Parents/Caregivers

- Look Through Their Eyes
www.lookthroughtheireyes.org
- Child Mind Institute
<http://childmind.org/article/youre-worried-suicide>
- Parents.com
www.parents.com/toddlers-preschoolers/everything-kids/tips-for-talking-about-the-outcome-of-the-election-with-kids
- Today Show Segment:
<http://www.today.com/parents/how-talk-your-kids-about-election-results-t104827>
- Huffington Post: What do we tell the children?
http://www.huffingtonpost.com/entry/what-should-we-tell-the-children_us_5822aa90e4b0334571e0a30b
- City of Chicago – Office of New Americans and 311 City Services
https://www.cityofchicago.org/city/en/depts/mayor/provdrs/office_of_new_americans.html and 311
- Ann & Robert H. Lurie Children’s Hospital of Chicago
KIDS DOC at 1-800-543-7362 and www.luriechildrens.org
- Mount Sinai Hospital - Sinai BrightPath’s Under the Rainbow and St. Casimir Center
Under the Rainbow: 1500 S. California, 773-257-4750 & St. Casimir Center: 2601 W. Marquette, 773-565-2550
- American Psychological Association: [How to Talk to Children About Difficult News](#)
- American Academy of Child & Adolescent Psychiatry:
 - [News and Children](#)
 - [When to Seek Help for Your Child](#)
 - [Stress Management and Teens](#)
 - [Role Models and Children](#)
 - [Anxiety and Children](#)
- National Institute of Mental Health
[Suicide Prevention](#)
- [American Foundation of Suicide Prevention](#)

Support for Professionals working with Youth

- Teaching Tolerance (resources for teachers)
<http://www.tolerance.org/election2016>
- Human Rights Campaign (help for LGBTQ youth)

<http://www.hrc.org/blog/after-election-lgbtq-youth-are-panicked-heres-what-we-can-do-to-help-them>

- Youth Suicide Prevention Program (information on youth suicide)
http://yspp.org/about_suicide/statistics.htm
- Illinois Safe Schools (resources for creating gender inclusive schools)
<http://illinoissafeschools.org>

Support for Media

- Recommendations for Reporting on Suicide
<http://reportingonsuicide.org/>
- American Foundation for Suicide Prevention – Safe Reporting on Suicide
<https://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>
- Samaritans advice to journalists
<http://www.samaritans.org/media-centre/media-guidelines-reporting-suicide/advice-journalists-suicide-reporting-dos-and-donts>

Human and Civil Rights Organizations

LOCAL

- Illinois Refugee Mental Health Task Force: volunteer task force committed to ensuring access and promoting awareness around mental health needs and services for refugees and immigrants in Illinois
<http://www.ilrmh.org/>
- Illinois Coalition for Immigrant and Refugee Rights
<http://www.icirr.org/>
- Illinois Childhood Trauma Coalition (ICTC) Ad-hoc Committee for Refugee/Immigrant Children & Trauma: voluntary collaboration of organizations that tracks emerging trends, promotes education among professionals and the public, and offers support to a broad network of agencies that work with and for children and families who experience trauma www.lookthroughtheireyes.org
- Illinois Business Immigration Coalition: provides a voice for Illinois businesses in support of common sense immigration reform that supports Illinois' economic recovery, provides Illinois companies with both the high-skilled and low-skilled talent they need, and promotes the integration of immigrants into our economy
<http://www.illinoisbic.biz/>
- Illinois DREAM Fund: scholarships for undocumented students in Illinois
www.illinoisdreamfund.org

NATIONAL

- Young Center for Immigrant Children's Rights: works to protect the best interests of children who come to the U.S. on their own
<http://theyoungcenter.org/>
- National Immigrant Justice Center: dedicated to ensuring human rights protections and access to justice for all immigrants, refugees and asylum seekers
<http://www.immigrantjustice.org/>
- American Civil Liberties Union: works to defend individual rights and liberties guaranteed by the Constitution
<https://www.aclu.org/action>
- National Immigration Law Center: dedicated to fighting for the rights of low-income immigrants through litigation, policy analysis and advocacy, and various other methods
<https://www.nilc.org/get-involved/>
- National Immigration Forum: another leading immigrant advocacy group that offers various programs to integrate immigrants into the workforce and obtain citizenship
<http://immigrationforum.org/about/>
- Lambda Legal: mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work
<http://www.lambdalegal.org/issues/transgender-rights>

- Anti-defamation League: fights against anti-Semitism and bigotry as one of the largest civil rights organizations in the country
<http://www.adl.org/combating-hate/>
- Mexican American Legal Defense and Educational Fund (MALDEF) “[Immigrants’ Rights FAQs](#)” (English and Spanish)
- Border Angels: all-volunteer non-profit that advocates for immigration reform and social justice focusing on the U.S.-Mexico border
<http://www.borderangels.org/>
- National Association for the Advancement of Colored People: works to promote the civil rights of people of color and to eliminate race-based discrimination
<http://www.naacp.org/about-us/>
- NAACP Legal Defense Fund: fights for racial justice through litigation, advocacy and education
<http://www.naacpldf.org/ways-get-involved>
- National Alliance on Mental Health (NAMI)
www.nami.org and NAMI Information Helpline 1-800-950-6264, In Chicago: 312-563-0445
- Immigrant Legal Resource Center
 - [Post-Election Talking Points](#)
 - [Instructions for Responding to Hate Crimes](#)
 - [Raids Document](#)
- National Immigrant Justice Center
 - [What to Do Next to Protect Immigrant Communities](#)
 - [Know Your Rights](#)

Articles

- New York Times: [Breathe. Exhale. Repeat: The Benefits of Controlled Breathing](#)
- Huffington Post: [Talking to Your Kids About the Election](#)
- CNN: [How Do You Talk to Your Kids About the Election?](#)
- Today.com [How to Talk to Your Kids About the Election Results](#)
- Washington Post: [How to Explain the Election Without Panicking the Kids](#)
- New York Times: [Parents Navigate Tears and Cheers as Kids React to Election](#)
- New York Magazine: [An Overlooked Consequence of Trump’s Rhetoric: Kids With Autism Are Taking It Literally](#)