

The Intersection Between Mental Health and Legal Status



At a glance...

The current undocumented immigrant (UI) population in the United States is approximately 22.1 million. The majority of these individuals experience higher levels of stress related to having a lack of immigration status, limited family and social support, inadequate housing conditions, racism, discrimination, and unresolved trauma. Not knowing how to assist a client from the UI community with their stress and social issues can have detrimental consequences such as high incidences of depression and anxiety and isolation.

Objectives

1. Participants will identify (3) major stressors of UI clients and how these stressors can impact their mental health.
2. Participants will identify two (2) preventive measures to help UI client reduce their chances of developing depression and anxiety.
3. Participants will identify at least three (3) resources to help UI clients reduce isolation.

Speaker

Elisa Pérez-Arellano, LMSW immigrated from Mexico to the United States 22 years ago. Despite the barriers she experienced due to being an immigrant, Elisa earned a bachelor's and master's degree in social work from GVSU. Elisa has over 13 years of professional experience working with migrant, immigrant, and refugee communities in areas like community advocacy, community outreach, case management, program development, medical social work, and mental/behavioral health. Elisa is currently the owner and lead therapist of Inclusive Empowerment Services, a private practice located in Holland, MI, where she offers mental health therapy, consulting services, and tailored workshops. Elisa's mission is to help her clients align their body, mind and soul through the exploration and identification of their maladaptive behavioral and cognitive patterns and traumatic history that may prevent them from living a life of personal fulfillment and purpose. Elisa is also an instructor at the School of Social Work at GVSU, where she teaches Professional Development in social work.



Friday, December 8, 2023
9:00am - 12:00pm

Cost
\$49



GVSU - Bicycle Factory
201 Front Ave SW
Grand Rapids, MI 49504

**CE
Credits**
3.0

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.



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