

# Refugee Wellness

## UNC Global Transmigration – Refugee Mental Health and Wellness Initiative Instructions for Recruitment

**This document is intended to help community providers explain the refugee mental health project to refugee participants.**

**Instructions:** The UNC Global Transmigration – Refugee Mental Health and Wellness Initiative (“Refugee Wellness”) will offer mental health screenings and treatment services to adult refugees resettled in Wake, Durham, and Orange Counties. Community providers will invite refugees to participate in the project, and project staff will then contact refugees to complete the screening process.

When meeting with refugees, the worker should explain to adults that they will also have an opportunity to answer questions about how they are doing both in their body and in their mind. These questions are about sadness, worries, body aches and pain, and other symptoms that may be bothersome to them. It is important that this portion is seen as another part of the overall resettlement process in order to put refugees at ease and normalize the screening tool as a regular component of their overall resettlement process.

The Refugee Mental Health and Wellness Initiative suggests the following script:

*There are some university students who want to meet new refugees and ask how you are doing as part of a research project. They want to ask how you are feeling. They want to ask if you are feeling sad or worried and ask if your body aches and what else you are feeling. If you are feeling bad, these students may be able get help for you to feel better. Do you want to meet with one of these students? If so, we can introduce you to them today, or we can give them your name and address and they will talk with you in the next few weeks.*

If refugees say they would like to participate, please inform them that someone from the project will contact them to schedule an appointment.

**Referrals: Please complete the following form (on the back of this sheet) for all adult refugees resettled in Wake, Durham, and Orange Counties beginning January 2014.**

Fax the completed form to 919-962-7557, attention: Josh Hinson

**UNC Global Transmigration – Refugee Mental Health and Wellness Initiative  
Referral Form**

Fax the completed form to 919-962-7557, attention: Josh Hinson

Name:

Age (must be 18 or older):

Gender:

Language(s):

Needs interpreter? Yes

No

Nationality:

Race/Ethnicity:

Date of arrival:

Address:

County:

Telephone number:

Wants to have screening?

Yes

No

If yes, when is health screening scheduled?

**For project use:**

If wants to have screening, date of initial screening:

Date of follow-up screening:

If does not want screening, contact within 30-60 days to offer again.

Date of second contact: