



**INSTITUTE FOR JUVENILE RESEARCH
IMMIGRANT FAMILY MENTAL HEALTH ADVOCACY PROGRAM**

This brief guide serves to provide resources that are relevant to supporting the mental health and family wellness of immigrant communities during the Covid-19 pandemic.

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COVID-19 FACT SHEETS / MEDICAL CARE ACCESS

The [CDC](#) provided written materials in several languages and the [WHO](#) launched a WhatsApp and Facebook messaging campaign that is available in several languages. For access to information in many other languages see this [Google Drive folder](#). For those with limited literacy or auditory learning preferences, see these educational videos created by the [Vermont Multilingual Coronavirus Taskforce](#) (Vietnamese, Swahili, Nepali, Kirundi, Bosnian, Arabic, Spanish, Lingala, Somali, Dinka, and French) or these resources/videos for other [indigenous groups](#). The [National Immigration Law Center](#) recently released an update on access to medical care for immigrant families. You can search free medical clinic directories by city/zip code [here](#) and [here](#). You can also visit the [Illinois Alliance for Welcoming Healthcare](#) website for help hotline information. [United We Dream](#) also created a page with information for health care resources for those with undocumented status during the crisis.

COPING, RESILIENCE, AND FAMILY WELLNESS

The [Center for Childhood Resilience](#) provides links to resources in English & Spanish with tips for maintaining a sense of safety and routine, building relationship and connections, and supporting family coping. The National Childhood Traumatic Stress Network created parent guides in [English](#), [Spanish](#), & [Chinese](#). The [National Association of School Psychologists](#) provides tips for parent to help children cope in multiple languages (Spanish, Amharic, Chinese, Korean, French, Vietnamese, Bahasa, & Urdu). For tips on parenting young children, see Zero to Three resources in English [here](#) and [here](#). The [National Latinx Psychological Association](#) also created coping and resilience guides in English and Spanish. This [illustrated guide in Spanish](#) provides tips for family coping.

EDUCATION / TECHNOLOGY

[Khan Academy](#) offers free online courses, lessons & practices for students & parents (available in multiple languages). [Zero to Three](#) has resources for early childhood educators. The [Department of Education](#) prepared a Q&A sheet related to the educational needs of children with disabilities. We know that many low-income families do not have reliable access to Internet or smart phone technology, and there are barriers to navigating these technologies for older adults and individuals with disabilities. See additional guidance on low cost Internet providers [here](#) and [here](#), or check out [free Xfinity WiFi hotspot](#) access. Free computers are also available for low-income students [here](#) (note the disclaimer about eligibility for other benefits like TANF and SNAP).

BASIC NEEDS / FINANCIAL ASSISTANCE

Families can apply for reimbursement for groceries purchased using their SNAP (EBT) card with receipts provided at [Expensify Hunger](#). Families can search [The Greater Chicago Food Depository](#) food bank finder to find resources in their neighborhood. Here is a list of [CPS grab-and-go meals locations](#). See [Legal Aid Chicago](#) for information on paid sick leave and unemployment benefits, including those for non-citizens. Mutual aid requests (and volunteering) can be made [here](#) and [here](#). Those with undocumented status and mixed-status families are ineligible for stimulus relief

([see here](#)). ICIRR has partnered with the national [Give Together Now](#) initiative to collect donations to provide financial support to families in Chicago, regardless of immigration status. The [Betancourt Macias Family Scholarship Foundation](#) is collecting donations for a fund for families with undocumented status and [families can apply here](#). Other national organizations are collecting donations to provide financial aid to support immigrant workers, including [domestic workers](#) and [migrant and day laborers](#).

DACA UPDATES

DACA renewals continue, although there are backlogs in processing applications that are now more delayed due to Covid-19. Although no ruling has been made on the fate of DACA, SCOTUS continues to announce rulings every Monday, therefore we can anticipate news anytime between now and June. At the local level, ICIRR is preparing contingency plans along with its member organizations and the Coalition for Immigrant Mental Health (CIMH). Community organizations continue to provide virtual wellness groups and check-ins, and CIMH is preparing to host virtual gatherings for support and healing. United We Dream's [Undocuhealth Initiative](#) has wellness webinars and [Immigrants Rising](#) hosts wellness gatherings on Sundays and Wednesdays from 4-5pm PST. The [Informed Immigrant](#) website also provides mental health and self-care tips.

USCIS CLOSURES & IMMIGRATION COURT UPDATES

[EIOR \(Executive Office of Immigration Review\)](#) website provides updates on changes to immigration court hearings due to pandemic. Currently, all non-detained hearings through May 1 are postponed. [USCIS Offices Closure Nationally](#) through May 3, which means that check-ins and asylum interviews at these offices are cancelled. USCIS is NOT the same as ICE and those seem to still be happening unless closed at the local level. In most locations, ICE check-ins have not been cancelled. [The USCIS announced](#) that it would reuse previously submitted biometrics in order to process DACA renewals and applications for work authorization (submitted on or after March 18) due to the temporary closure of Application Support Centers (ASC). This will remain in effect until ASCs are open for appointments to the public.

PUBLIC CHARGE UPDATES

USCIS announced on March 15 that [testing or treatment of Covid-19 will not be considered in the Public Charge rule](#). Unfortunately, additional guidance provided is vague regarding the additional information submitted via the I944 Declaration of Self Sufficiency that includes the factors that are considered in the applicant's totality of circumstances. The guidance states "applicants may submit a statement with his or her application for adjustment of status to explain how such methods or policies" affect the factors to be considered in the application. Policy experts suggest that applicants can submit additional documentation explaining their situation, for example, if they are out of work for an extended amount of time due to COVID-19 pandemic and this negatively affected their financial status or health. This [fact sheet created by PIF-Illinois](#) is also helpful.

ADDITIONAL RESOURCES

The [Coalition for Immigrant Mental Health \(CIMH\)](#) and [ICIRR](#) provide information/resources specific to immigrant communities in Illinois. Resources for immigrants in other states can be found [here](#). The [Latino Policy Forum](#) organized resources by need category. The [Immigrants Rising Google doc link](#) focuses on resources for immigrants with undocumented status, and [Asylum Connect](#) provides additional resources for LGBTQ+ asylum seekers and individuals. [Access Living](#) created a living document of resources for the disability community. [Crisis Translators Network](#) also provides multiple languages and will continue to update with audio files.