





About the Group: Striving International Leaders

- · Partnered with schools with high immigrant and refugee populations
 - school counselor selected immigrant students who could benefit from the group
 counselor served as liaison and shared info on group with
 - parents
- · Group format in non-clinical setting aimed to decrease stigma and isolation in addressing these issues
- 6 groups with a total of 54 participants and an average class size of 9
- 3 of the 6 groups had same-gendered participants, the rest were mixed.

Curriculum

Session 1: Introductions & Building Trust
• Explain the purpose of the group

- Outline group rules
 Explore group interests

- Session 2: The Impact of Stress

 Identify the consequences of stress and trauma

 Describe the connection between mind and body
- Distinguish the differences between feeling states

- Session 3: Learning to Relax & Calming Down
 Introduce techniques for managing stress, anxiety, and negative emotions
- Promote coping and self-care



Curriculum

- Session 4: Leadership Decision-Making
 Increase cognitive-behavioral awareness
 Reflect on the connections between thoughts, feelings, and actions
 Use awareness and reflection to improve decision-making

- Session 5: Living in a New Culture
 Define "culture"
 Articulate cultural differences and similarities
- Identify challenges of refugee adjustment

- Session 6: Being a Leader in Community & Closing

 Identify personal role models and their qualities

 Describe positive leadership abilities

 Recognize their own strengths and qualities

 Discuss the closing of the group and feedback from the sessions



Outcomes

Rapid Poll

86% would 'absolutely' take the class again

Level of fun for each class depended on the topic covered*:

- 100% thought the class was 'kind of' or 'absolutely' fun in the first and last class
- · With more difficult topics, a minimum of 50% thought it was fun



Art-based approach

50% of 'Instagram posts' highlighted learning about coping techniques and how to calm down



Learnings

- Best practices in partnering with schools in immigrant
- Outcomes of nonclinical engagement with immigrant
- Improvements on curriculum's fit with younger students



LGBTQ+ Survivors of Torture

St. Paul Healing Center, Minnesota



About the Group: Rebuilding Identity

- Eligibility:

 18 years or older

 Conversational English

 From an international community impacted by conflict, war trauma, or torture.

 Can be primary or secondary survivors.

 Identifies as: Lesbian, Gay, Bisexual, Transgender, Queer, or questioning their gender or sexual orientation

 Looking to explore their own sexual orientation and/or gender identity

- Participants:

 Teople were eligible and interested

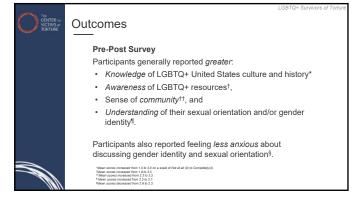
 Jeople were too far away without transportation

 Jeot a job within the 2nd week of group

 Jeople attended regularly

CENTER OF VICTIMS OF TORTURE	Curriculum	LGBTQ+ Survivors of Tortu
	Session 1: • Introductions & Orientation to Group Norms, Expectations, and Rapport Bu	uilding
	Session 2: Coping Skills—Safety and Resilience Voguing and Ballroom Culture	
	Session 3: Culture and Adjusting to Immigration Stonewall Inn	
	Session 4: Foundations of Trauma and Intersection of Multiple Marginalized Identities Myths and Facts about LGBTQ people	
	Session 5: Gender Identity and Sexual Orientation Pride Flags	
	Session 6: Forming Healthy Relationships ACT UP and the AIDs Epidemic	
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O STATE AND STAT	Curriculum	LGBTQ+ Survivors of Tortui
	Session 7: Family and Exploring Chosen Family Minnesota LGBTQ History and Rights	
	Session 8: Self-Compassion and Loving Kindness Pride and Important LGBTQ Holidays	**Optional Session: Grief and Loss Fleidtrip Guest speaker
	Session 9: Religion and Queer Identity Lady Gaga's Born this Way listening and lyrics	
	Session 10: Coming out for a Second Time or Later in Life Keeping Safe When Traveling	
	Session 11: Assertive Communication LGBTQ Icons and Advocates	
	Session 12: Sharing Self with Others and Resources in the Community Ru Roul's Drog Rose and other entertainment	





Learnings

- Increasing access

 Review eligibility criteria

 Protocol for transportation needs

 Strengthening partnerships with referral agencies

- Supporting Organizational Development
 Staff training about LGBTQ, Gender, and Sexual Orientation
 Review safety and privacy protocol

- Changes to Curriculum
 Session 7: Family and Exploring Chosen Family → Session 8: Self-Compassion and Loving Kindness
 Session 11: Adding assertive communication and roleplaying
 Adding field trips

