



WELCOME!

HOLLY GOOCH

STUDENT NO.2100191

PRESENTATION OBJECTIVES:

1

Critically exploring
Adolescent refugees
experiences with both
adolescence and Adverse
Childhood experiences.

2

Propose interventions that have
proven to enhance the health
and well-being of Young
People and that mitigate the
adverse challenges young
refugees face



TRIGGER WARNING!



OVERVIEW OF PRESENTATION

01

ADOLESCENCE

Discussions regarding Adolescence and the stages of development that occur within the period of a Young Person's life.

02

ADVERSE CHILDHOOD EXPERIENCES

Identification and discussion of Adverse Childhood experiences and their impact on a Young People's lives and development

03

ADOLESCENT REFUGEE'S

Discussion regarding Adolescent refugees and their prevalence in contemporary society.

04

THEIR EXPERIENCES OF ADOLESCENCE

Young refugees and their experiences of adolescence

05

THEIR EXPERIENCE WITH ADVERSE CHILDHOOD EXPERIENCES

Young refugees and their experiences of Adverse Childhood experience and the impact they have on Young people's development.

06

INTERVENTIONS

Propose interventions that have proven to enhance Young People's health and wellbeing that mitigate the adverse challenges young refugees face

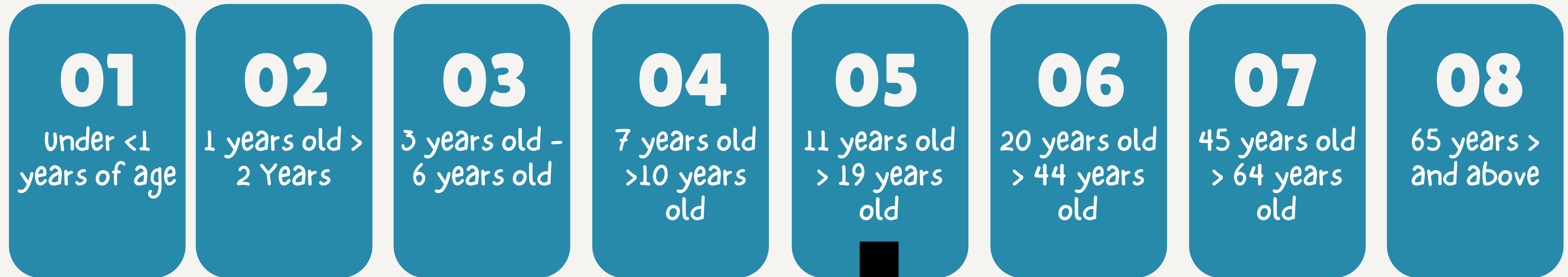


01



ADOLESCENCE

ERIKSON'S STAGES OF PSYCHOSOCIAL DEVELOPMENT (1994)



ADOLESCENCE DEFINITION

"Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health."

(World health organization, n.a)



Why is obtaining a comprehensive understanding of adolescence and its challenges significant for practitioners?



DEVELOPMENTAL CHANGES THAT OCCUR DURING ADOLESCENCE:

BIOLOGICAL DEVELOPEMENT

Biological processes occur within a Young Persons body (Sandrock, 2023, p.17)

Growth spurts

Sexual maturation

Hormonal changes

COGNITIVE DEVELOPMENT

cognitive processes occur in an individual's thinking and intelligence (Sandrock, 2023, p.17)

Ability to think abstractly

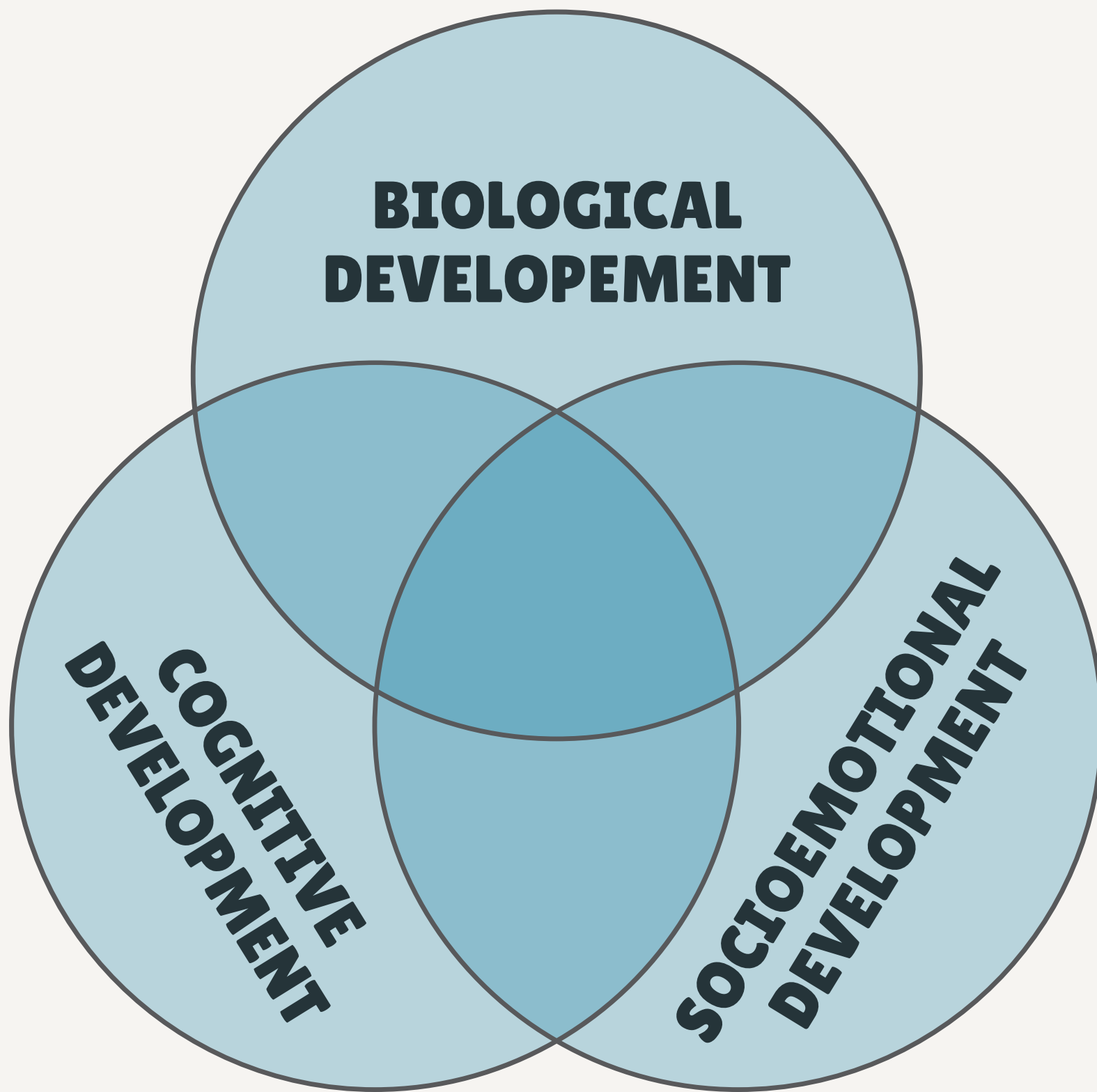
Ability to utilize idealistic thinking

SOCIOEMOTIONAL DEVELOPMENT

Socioemotional processes include "changes in an individual's personality, emotions, relationships with other people, and social contexts" (Sandrock, 2023, p.18)

Quest for interdependance

Desire for peers



STANLEY HALL'S STORM-AND-STRESS THEORY

"Development is controlled primarily by biological factors". (Santrock, 2023, p.4)

MARGARET MEAD ADOPTED A "SOCIOCULTURAL VIEW OF ADOLESCENCE" (SANTROCK, 2023,P.4)

Cultures and societies control the development of an adolescent

THEORIES OF ADOLESCENT DEVELOPMENT:

YOUTH WORK FACILITY PROVIDES: (YOUTH WORK IN WALES REVIEW GROUP, 2022, P.6)

"Take greater control of their lives, and recognise and resist the damaging influences which may affect them"

DEPRIVATION

IDENTITY

ACADEMIC STRESS

WAR

SOCIAL MEDIA

HOUSING CRISIS

RACISM AND OPPRESSION

**THE ADOLESCENT CHALLENGES THAT YOUNG PEOPLE
FACE IN THE 21ST CENTURY:**

(Utrecht University, 2019)

POVERTY

DISPLACEMENT

CLIMATE CHANGE

BULLYING

COVID-19

COST OF LIVING CRISIS

**SELF ESTEEM AND
CONFIDENCE**

02 | ADVERSE CHILDHOOD EXPERIENCES

DEFINED AS:

"intensive and frequently occurring sources of Stress that Young People experience during their development".

(World Health Organisation, 2020)



WHAT ARE THE ADVERSE CHILDHOOD EXPERIENCES?

(Waite and Ryan, 2020, p.9)

ABUSE

Sexual abuse

Verbal abuse

Physical abuse

FAMILY DISFUNCTION

mentally ill parent

Mother who experiences
domestic violence

Alcoholic parent

Incarcerated family member

Divorce or abandonment of a parent

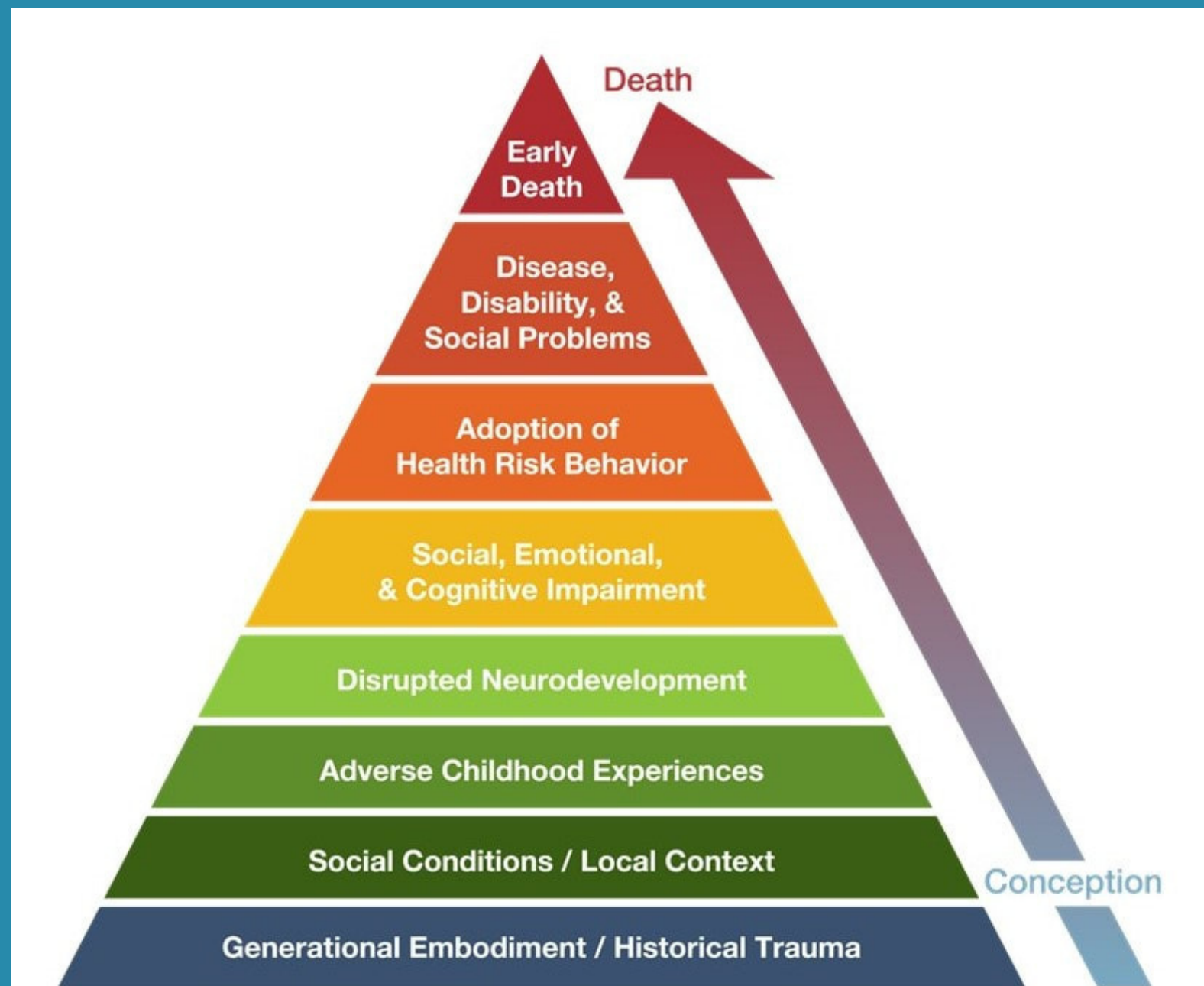
NEGLECT:

Emotional neglect

Physical neglect

IMPACT OF ADVERSE CHILDHOOD EXPERIENCES:

"disrupt early brain development and compromise functioning of the nervous and immune systems" (World Health Organisation, 2020)



(Aces 360, n.a)

"4 X more likely to be a high-risk drinker"

"6 X more likely to smoke e-cigarettes"

"16 X more likely to have used crack cocaine or heroin"

"5 X more likely to have low mental health"

"3 X more likely to develop heart disease"

(Public Health Wales report, 2020, p.7)



ADOLESCENT REFUGEE'S

Defined by:

03

Any person who[...], owing to well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence as a result of such events, is unable or, owing to such fear, is unwilling to return to it.⁴

(Williams and Hughes, n.a, p.2)

REFUGEE MIGRATION JOURNEY:

1

Pre-migration -
situated within their
home country

2

fleeing the country -
going to a new safe
home

3

Gain asylum -
citizenship obtained
within the country and
Young People are placed
within accomodation





04

**YOUNG REFUGEE'S
EXPERIENCE OF
ADOLESCENCE:**

1

IN-COUNTRY EXPERIENCES OF ADOLESCENCE

- Lack of food, water, and shelter
- Physical injuries -bullet wounds, bombs, infections and diseases
- Witness War
- Uncertainty surrounding the future

• (The National Child Traumatic Stress Network, n.a)

2

MIGRATION EXPERIENCES OF ADOLESCENCE

- Live in refugee camps
- Travelling Long distances by foot
- Loss of community and sense of self

• (The National Child Traumatic Stress Network, n.a)

3

NEW HOME EXPERIENCES OF ADOLESCENCE:

- Family difficulties to obtain employment or adequate housing
- LACK of community support
- Integrated identities

• (The National Child Traumatic Stress Network, n.a)



Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

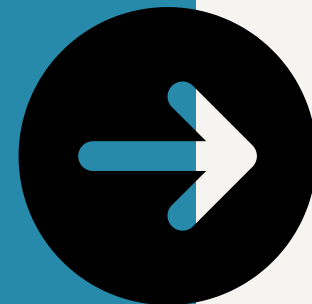
air, water, food, shelter, sleep, clothing, reproduction



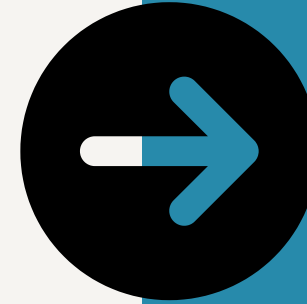
05

**YOUNG REFUGEE'S
EXPERIENCE OF
ADVERSE
CHILDHOOD
EXPERIENCES:**

1



2



3

IN COUNTRY EXPOSURE TO ADVERSE CHILDHOOD EXPERIENCES

- Physical, emotional and sexual abuse within schools, Communities or by authorities.
- Witnessing violence towards others.
- Imprisonment or abduction.
- Severe deprivation of basic necessities.

MIGRATION EXPOSURE TO ADVERSE CHILDHOOD EXPERIENCES

- Physical, emotional, sexual abuse – Authorities, smugglers, traffickers or within immigration systems and detention centres
- Severe deprivation of basic necessities.
- Witnessing violence towards others.

NEW HOME EXPOSURES TO ADVERSE CHILDHOOD EXPERIENCES

- Physical, emotional, sexual abuse within residential accommodation care systems, schools or communities.
- Witnessing violence towards others.
- Household member with mental illness

ROLE MODELS:

"adolescent refugees benefit enormously when in the presence of caring adults who can service as role models" (Santrock, 2023, p.11)

- National Occupational Standards (CLD Standards Council Scotland, 2019, p.1)

YOUTH WORK PRACTICE:

ENVIRONMENT:

to effectively recover from trauma, the creation of safe spaces to support Young People is crucial (+proactive activities, n.d)

- (Youth Work in Wales Review Group, 2022, p.6)

06

INTERVENTIONS

PLAY ACTION INTERNATIONAL



"Play is perhaps one of the simplest, most impactful and cost-effective interventions for trauma affected children" (Play Action International, n.a)

PROTECTIVE FACTORS FOR ADOLESCENT REFUGEES:

- Positive early attachments to carers
 - Good family functioning
- Good parental mental health
 - Healthy family communication
- Ability to think positively
- Having a long-term vision
- Belief that life has meaning and value
 - Faith and religious involvement
 - Peer friendships
 - Willingness to engage in education
 - Attending school
- Good community resources

(Public Health Wales, n.a,

FACTORS THE INTERVENTION PROVIDES:

Play provides a wealth of therapeutic opportunities: all under the child's control, to process anger, relieve stress, relax, bond with others, express themselves, increase their loss of control, overcome challenges and model positive behaviours.

(Play Action International, n.a)

**TRAUMA
THERAPY**

COMMUNITY

**INTERVENTION PROPOSAL: MULTIFACETED HOLISTIC
APPROACH**

**BUDDY
SYSTEM**

THANK YOU!

