

RESOURCE 5

Strategies that meet the recovery goals

Effects of refugee experience

Anxiety
Feelings of helplessness
Loss of control

Goals to support recovery from trauma

Restore safety
Enhance control
Reduce the disabling effects of fear and anxiety

Strategies to meet recovery goals

Structured, predictable environments where changes are explained
Teaching, classroom and school routines
Scaffolded teaching of topics and concepts in all subject areas
Quiet spaces and opportunities to relax and play quiet games, prayer rooms
Opportunities for play, art and expression of feelings

Relationships changed
Grief
Depression

Restore attachment and connections to others who can offer emotional support and care

Teaching how to seek assistance
Structured pair and group activities to share experiences and build connections
Transition programs for a range of transitions experiences
Teaching buddy systems
Teaching social skills
Teaching emotional literacy
Welcoming and engaging families and community

Shattering of previously held assumptions
Loss of trust, meaning, identity and future

Restore meaning and purpose to life

Recognition of prior learning and learning needs
Programs to meet student needs and address gaps
Opportunities to experience success with recognition of learning and successes
Appropriate and individually managed pathway support, including links to other services
Learning to take risks and build trust

Guilt
Shame

Restore dignity and value
Reduce excessive shame and guilt

Celebration of diversity
Professional development for staff to promote an understanding of refugee experiences and understanding how to use ESL strategies
Modelling respect with correct pronunciation of names
Use of interpreters and translations
Dealing with discipline one on one and with an advocate
Consistency between teachers