

Pathways to Wellness: Mapping Mental Health Resources for Immigrants in Houston



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About Tahirih Justice Center

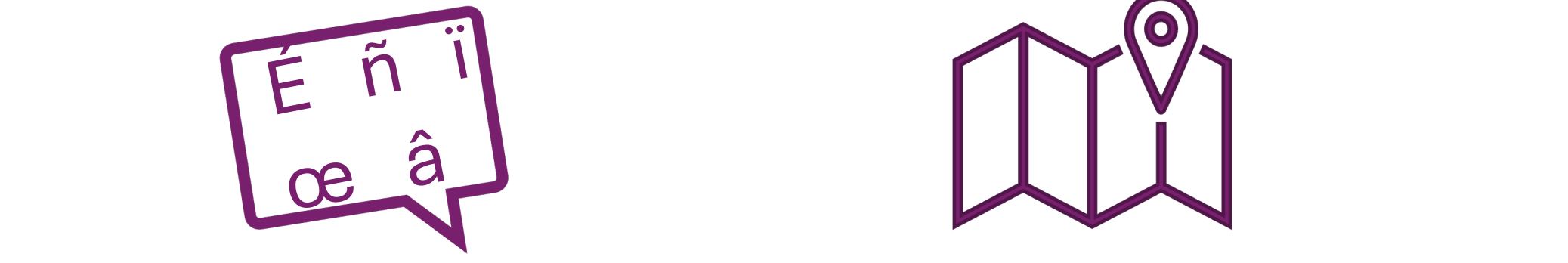
The Tahirih Justice Center is a national, nonprofit that **has served over 30,000 immigrant survivors** fleeing gender-based violence since 1997. Their interdisciplinary, trauma-informed model of service is now delivered from five locations, and they're committed to serving as many immigrant survivors as possible.

Issue Background

Access to mental healthcare resources for immigrant victims of gender-based violence is essential to coping with traumas they have endured. However, immigrants face **legal, financial, and language** barriers to seeking such resources. And Houston, as a city with a **1.7 million immigrant population**, does not have a tool that helps aid in this process.

Research Question & Aim

- What are the resources (psychotherapy & non-traditional services) that exist in **Harris County, Fort Bend County, and Montgomery County** for immigrant survivors seeking mental healthcare?
- How can we create a mental health resource map that is accessible in all **languages** and **user technology levels**?



Methods

Literature Review & Area-wide Search for Mental Health Services

Calling Clinics and Organizations

Data Collection for input in Map

KEY LITERATURE FINDINGS

- Gender-based violence cuts across all social, economic, and cultural backgrounds
- **Minority women** report considerably **higher rates of DV** compared with women who identify as NHW
- Lack of transcultural knowledge **significantly decreases** the quality of mental health care
- Survivors of repetitive DV report **higher rates of PTSD, depression, and substance abuse**

OUR MAP

← Hope Clinic - A community H... →

Name
Hope Clinic - A community Health Center - Beltway

Latitude/Longitude
29.70385514691049, -95.55110744624847

Website
<https://www.hopechc.org/locations/hope-beltway-clinic/>

Counseling Services
<https://www.hopechc.org/about-us/programs/crane-behavioral-health-program/>

Time (Spanish Translate)
- Lunes - Jueves: 8:00 am - 7:00 pm - Viernes - Sábado: 8:00 am - 5:00 pm

Contact Info - Spanish
713-773-0803

Address
7001 Corporate Dr Ste 120, Houston, TX 77036

Service(s) - Spanish
- Evaluación psiquiátrica
- Gestión de medicamentos
- Servicios de asesoramiento para niños, adolescentes y adultos - Terapia individual, familiar, grupal - Trastorno por

Created Using Google MyMaps

KEY SEARCH TERMS

- Immigrant mental health
- Mental health resources for immigrants in Houston
- Sliding based mental health resources in Houston
- Mental health resources for immigrants in the United States

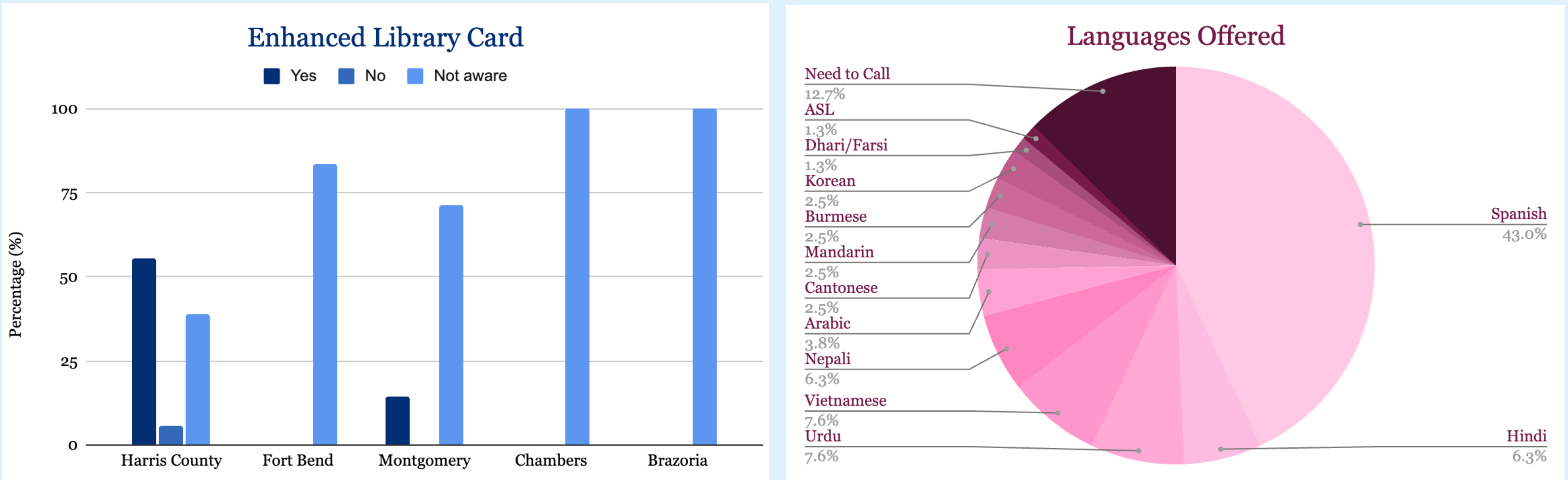
LEGEND

- Harris County
 - Psychotherapy: 31
- Harris County
 - Non-Traditional: 10
- Fort Bend County
 - Psychotherapy: 6
- Montgomery County
 - Psychotherapy: 7
- Chambers County
 - Psychotherapy: 1
- Brazoria County
 - Psychotherapy: 1

SERVICES

- Website
- Location
- Address
- Contact Info
- Business Hours
- Languages
- Insurance Accepted
- Waitlist/Capacity
- Payment/Pricing
- Legal Services
- Eligibility Requirements
- Telehealth
- Faith-based
- Parking
- Enhanced Library Card

CONTENT ANALYSIS



Enhanced Library Card

- Valid form of photo identification for undocumented immigrants
- Viable within Harris County. Potential for expansion

Language Services

- There is still a need for organizations that offer services in languages in addition to English and Spanish

GAPS PRESENT

- **4 out of the 46** psychotherapy services only require photo identification and the rest require proof of residence
- Many organizations offer a **24 hour hotline**, however, **capacity and delayed appointments are still a common issue** because most organizations just maintain either walk-in or appointment based services

Beta-Testing Findings

- 10 participants
- Video Tutorial
- Child-care services
- Additional services such as ESL



Impact of Map

Immigrant survivors, can search for mental health resources with reduced burden and barriers.

Resource Guides

- ### Community Facing
- Types of Mental Health Services
 - Paying for Mental Health Services
 - Link to our tool
- ### Provider Facing
- Barriers faced by immigrants
 - Need for the map
 - User feedback

Future Work

- ### Map
- Continue adding immigrant-friendly mental health services
 - Update organizational information
 - Additional language translations
 - Inclusion of child-care services
- ### Implications for the future:
- We need to disseminate information on "enhanced library cards"
 - More awareness on immigrant's mental health

Acknowledgements

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References

