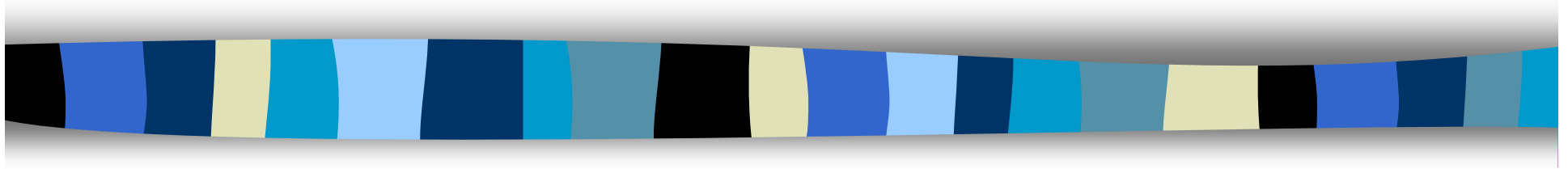


UCSF/SFGH Trauma Recovery Center & Survivors International



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TRC Mission

Serving those in our community who have suffered from trauma, violence, and loss, we are dedicated to promoting healing by providing respectful, compassionate, and effective mental health and medical services.



TRC Goals

- To offer early intervention for adult victims of interpersonal violence
- To engage victims who might have difficulty accessing more traditional mental health services

Survivors International at the Trauma Recovery Center





Survivors International provides essential psychological, social service and medical services to help heal the wounds of torture for those who have survived persecution and have fled to the United States seeking safety and freedom. Our program aims to help survivors re-establish healthy, productive lives by providing support and ensuring access to comprehensive services. Survivors International serves residents of San Francisco, and our services are available to survivors regardless of where they are in the immigration process.



Survivors International Services

- Individual psychotherapy for adults
- Forensic psychological and medical evaluations for asylum applicants
- Psychiatric medication management
- Clinical support groups
- Speaker's Bureau
- Medical consultation and referrals for primary care
- Links to local agencies that provide assistance for food, shelter, education, and employment



SI Services, Cont.

- One-on-one support with day-to-day living needs and accompaniment to appointments
- Ongoing case management to ensure that each survivor gets what he/she needs to heal and thrive
- Tutoring available (financial literacy, computer literacy, post-asylum benefits, English language and literacy)
- Free clothing closet for clients, with professional and everyday clothing, and personal hygiene supplies



Psychotherapy

- Support
- Psychoeducation
- Skill Training (Relaxation, Containment)
- Reprocessing Trauma (when appropriate)
- **Goals:** *to integrate the trauma into the person's life and help them return to prior level of functioning (or higher)*



Common Treatment Strategies

- Relaxation training
- Exploration/practice of healthy coping skills
- Cognitive Behavioral Therapy (targeting common post-trauma thoughts: negative self-talk, blaming, rumination, etc.)



Common Treatment Strategies

- Cognitive Processing Therapy – focuses on meaning of the trauma, its effects on self-esteem, intimacy, trust, sense of safety, etc.)
- Narrative Therapy
- Art Therapy
- Exposure Therapy



Case Management

- Housing
- Medical Care (Primary and Specialty Care)
- Financial Entitlements (SSI, Medi-Cal, etc.)
- Collaborative work with immigration attorney
- Referrals for other services (acupuncture, massage, substance abuse treatment)
- Community Connections



Groups for TRC/SI clients:

- Waitlist Group (psychoeducation/coping)
- Managing Anxiety
- Seeking Safety
- Parents of Homicide Victims
- DFSA
- CHATT – Speakers Bureau
- Quarterly SI Tea (community event, not therapy group)

Special Considerations for Torture Survivors

A woven oval mat with a dark brown border and a lighter brown center. The mat is placed on a light-colored, textured surface. Overlaid on the mat is the following text in white, bold, sans-serif font:

DISORIENTATION
CULTURE **SHAME**
DISEMPOWERMENT
DISTRUST



Engagement, Outreach and Tracking

- Many survivors feel ashamed about entering therapy and/or avoid trauma reminders
- Cultural barriers/mental health stigma
- We work with clients on what is most important to them first until rapport is built
- We will see clients at the hospital, at their home, or in their community when necessary
- Clients must give advance permission to be tracked



SI Staff

- 2 clinical social workers, 1 psychologist, and 2 part-time psychiatrists
- 2 Project Assistants
- 10 TRC clinicians who have some SI clients on their caseloads
- Currently services in Spanish, Portuguese, Italian, and Vietnamese (and access to interpreters for a wide-range of other languages)



Eligibility for SI Mental Health Services

- Must be an adult survivor of torture (see torture definition) or adult secondary survivor of torture who is experiencing mental health symptoms related to the trauma(s)
- Must be a San Francisco resident
- Must not have another mental health provider (therapist, psychiatrist, or master's level case manager) currently
- No private insurance (Medi-Cal, HSF, Medicare okay).

U.S. Definition of Torture

Torture Victims Relief Act (1988)

“Torture” means an act committed by a person acting under the color of law specifically intended to inflict severe physical or mental pain or suffering upon another person within his custody or physical control.

H. R. 1813

One Hundred Eighth Congress
of the
United States of America

AT THE FIRST SESSION
Begun and held in the City of Washington on Tuesday,
the seventh day of January, two thousand and three

In An

To amend the Torture Victims Relief Act of 1988 to authorize appropriations to
provide assistance for domestic and foreign victims and programs for the treatment
of victims of torture; and for other purposes.

Be it enacted by the Senate and House of Representatives of
the United States of America in Congress assembled,

SECTION 1. SHORT TITLE.
This Act may be cited as the “Torture Victims Relief Reauthor-

ization Act of 2003.”

SEC. 2. AUTHORIZATION OF APPROPRIATIONS FOR DOMESTIC VICTIMS.
SECTION 204 (U.S.C. 2152) is amended to read as follows:

(a) AUTHORIZATION OF APPROPRIATIONS.—Of the amounts
available to be appropriated for the Department of Health
and Human Services for fiscal years 2004 and 2005, there
are authorized to be appropriated to carry out subsection (c)
of this section \$10,000,000 for fiscal year 2004 and
\$10,000,000 for fiscal year 2005.

(c) EFFECTIVE DATE.—The amendments made by subsection (a)
shall take effect October 1, 2003.

SEC. 3. AUTHORIZATION OF APPROPRIATIONS FOR FOREIGN VICTIMS.
SECTION 204 (U.S.C. 2152) is amended to read as follows:

(a) AUTHORIZATION OF APPROPRIATIONS.—Of the amounts
available to be appropriated for the Department of Health
and Human Services for fiscal years 2004 and 2005, there
are authorized to be appropriated to carry out subsection (c)
of this section \$10,000,000 for fiscal year 2004 and
\$10,000,000 for fiscal year 2005.

(c) EFFECTIVE DATE.—The amendments made by subsection (a)
shall take effect October 1, 2003.



Points of Referral

- SFGH Refugee Clinic
- Newcomers Health Program
- SFGH Behavioral Health Team
- Community Agencies
- Immigration Attorneys
- Self-referral



Referrals to Survivors International

To make a referral for mental health services:

- Call TRC/SI and ask for the “Building Officer of the Day,” M-F, 8-5pm, Tues 8-7pm
- If eligible, the Building Officer of the Day will be able to schedule an intake interview (the first step to entering services)



Referrals to Survivors International

To make a referral for a psychological or medical evaluation:

- Contact Cristina Biassetto, 415-437-3049
cristina.biassetto@sfdph.org
- Documents needed before an eval can be scheduled:

<http://traumarecoverycenter.org/services/survivors-international/asylum-documentation/>



How to reach us:

UCSF/SFGH Trauma Recovery Ctr.

Survivors International

2727 Mariposa (at Bryant), Suite 100

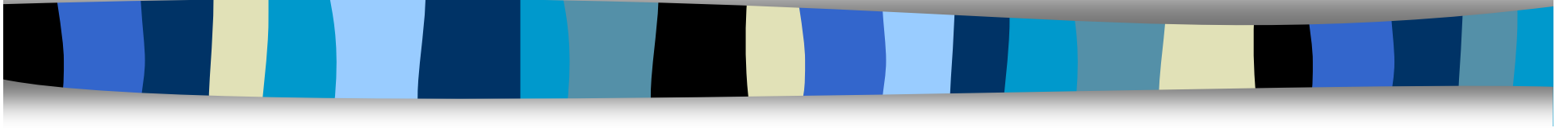
San Francisco, CA 94110

415-437-3000 (front desk)

415-437-3050 (fax)

www.traumarecoverycenter.org

Questions?
Feedback?



Thank you!