



Professional and Personal Ways to Consider Helping ICE-Impacted Areas

Professional Ways to Help

- Saint Mary's University of Minnesota is in the same community where Alex Pretti and Renee Good were killed. Students from SMUMN could use therapy as they try to support their communities while attending school and attending practicum and internship sites. If you are licensed in MN or through Psypact, and you are open to supporting students with therapy, please consider signing up at https://forms.gle/f1aTZUP7znXg2fb68?fbclid=IwZXh0bgNhZW0CMTAAYnJpZBEyODIqRTIISXVIWVZrRENxM3NydGMYXBwX2IkEDlyMjAzOTE3ODgyMDA4OTIAAR69fZOlpzDIhmMlaQKyXq4a9OkHcuWCfJvDBUPGdgvVcs10c3GdrtEEwHoWrA_aem_pVAvXX2wt74a-0cCY7b46g
- If you want to learn more about conducting asylum evaluations, please consider getting training. This work can be done across state lines. Physicians for Human Rights offers free training: asylummedtraining.org
- Learn about your rights as psychologists practicing in environment in which ICE is present (eg. around confidentiality of records) from APA, SPAs, psychology boards and share the information with your colleagues. You could also reach out to your professional organizations and associations and find out how they will support you in advocacy roles and share the info.
- Be aware of the uniquely vulnerable position of international graduate students and colleagues who are non-citizens and their needs for support and advocacy. For example, if a provider is stopped from reentering the US, can they get permission to practice remotely in states in which they are licensed so as not to disrupt care to their patients and their income? Recognize that international students/non-citizen colleagues may not be able to safely advocate for themselves or others without jeopardizing status.
- For those coming from ICE-Impacted areas, please consider sharing your experiences with other psychologists through listservs etc. This allows fellow psychologists to know and understand what is happening, as well as provide better support.
- Consider becoming knowledgeable about the issue of moral injury to providers. It's relevant to current situations.

Personal Ways to Help

- Many individuals are feeling scared and do not wish to leave their homes. As such, basic supplies and necessities are in demand. Please consider donating to MN-based shelters, food pantries and organizations that support immigrant communities to cover expenses such as rent eg. standwithminnesota.com; <https://www.2harvest.org/>
- Engage in efforts to support detainees and their families with money/food/clothing/transportation etc. Many of these efforts are occurring through local supports such as religious organizations.
- Help manage the economic impacts! Consider spending your money at culturally diverse/immigrant-owned businesses and restaurants in areas that are impacted or owned by populations who have been targeted. If you are getting take-out, consider getting take-out from culturally diverse restaurants.
- Please don't underestimate the importance of informal support. Please consider checking in with your colleagues in areas in which ICE has a strong presence to see how they are doing and to let them know you are thinking about them. Please have compassion if their responses are delayed.