



**Needs and Joys Reflection Tool: Supporting (Im)migrant School Mental Health  
Community of Practice**

This worksheet is meant to track the questions you may have or for notetaking, quote capturing, and anything else to help your experience during the Community of Practice Sessions.

**Meet Paulina**

*Paulina is a 14 y/o Latina born to an intact family. She has two younger siblings ages 10 and 4. She immigrated with her family from Tijuana, Mexico to Bakersfield, California 2 years ago and moved to San Diego in June 2020 to be closer to their family in Tijuana. Her parents work full-time jobs and many times Paulina is responsible for taking care of her siblings while her parents are at work. Her dad works construction, and her mom works in housekeeping. Paulina arrived in San Diego during the pandemic and struggled to adjust to a new learning environment with distance learning, feeling isolated at home and unable to make new friends. In Mexico, she had above average grades and excelled in Math. However, since transitioning to U.S. learning system, she is falling behind in all her classes and no longer feels confident in Math. She reported today feeling very anxious asking for help from her teachers or classmates. She feels embarrassed to speak English and many times she does not understand her teachers either due to language barrier. She struggled with attendance during distance learning and had more than 10 absences. In Bakersfield, mom reported that she often was sick and did not want to go to school. Paulina will begin in-person learning in August and is feeling stressed about having to make new friends and being able to succeed academically.*

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| <b>Student/Family Needs:</b>                                   | <b>Student Family Joys:</b>                   |
| <b>How might the student receive support in the classroom?</b> | <b>How might the community support needs?</b> |



### Community Conexiones

- What partnerships exist that specifically support (Im)migrant students?
- How might you, a school mental health leader collaborate with others to support (Im)migrant students?

### Additional Reflections

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| <b>What were your takeaways? These can be quotes, ideas, or suggestions.</b>   | <b>How will this information (concept, framework, and voices of experience) inform your practice?</b> |
| <b>How can I engage my colleagues/administrators with this content?</b>  | <b>Ponderings, wonderings, and anything else...</b>   |
| <b>How many similar students do we have in our school? How prepared are we to offer them quality learning opportunities?</b> | <b>What do we need to learn to be able to support students like Paulina?</b>                          |
| <b>What policies may impact the work with (Im)migrant students?</b>  | <b>What policies can impact/affect Paulina and her family?</b>  |