
SOCIAL CAPITAL INTERVENTIONS IN PUBLIC HEALTH AMONG REFUGEES

ASHLEY ARMAND, KATHRYN DEROBERTIS, ALEXANDER TAPPAN

Researchers ---



Ashley Armand
Researcher



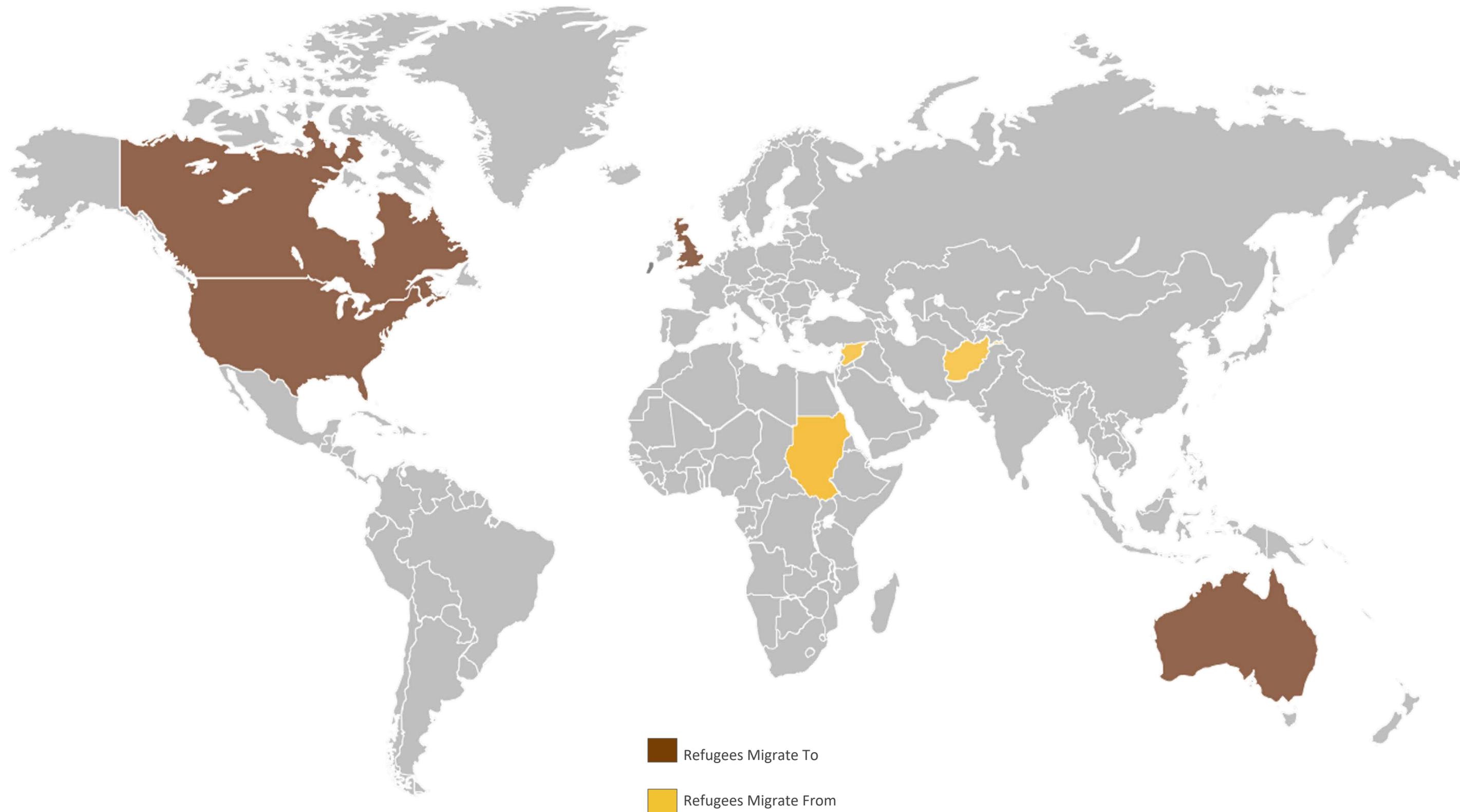
Kathryn DeRobertis
Researcher



Alexander Tappan
Researcher

- Refugees experience trauma as a result of their political, social, religious status and individual experiences in oppressive circumstances such as war, forced migration, and resettlement (*among other factors*).
- Negative effects of these experiences permeate and cause adverse circumstances for individuals forced to migrate or voluntarily migrate in search of stabler ends.
- Strengthening social capital is believed to improve mental health outcomes among refugees, yet a more firm understanding is required to generate practical policy and intervention recommendations.

Overview ---



Vision, Goals and Objectives

Vision

To improve public health and identify social capital interventions and policies to enhance mental health outcomes among refugees.

Goals

To conduct a systematic review on social capital, mental health and refugees to identify trends and develop policy and intervention recommendations.

Objectives

- Identify and analyze 30+ articles that focus on social capital, mental health and refugees
- Prioritize most relevant articles to inform policy and intervention recommendations
- Compose a systematic review utilizing prioritized articles
- Develop policy brief to present to the United Nations



Vision, Goals and Objectives

January

BEGAN SYSTEMATIC REVIEW

- Convened with Dr. Ester Villalonga Olives & Dr. Daniel Aldrich
- Met with Librarian Roxanne Palmiter to discuss systematic review requirements
- Finalized codes and methods

February

CONDUCTED SYSTEMATIC REVIEW

- Met with Librarian Roxanne Palmiter to finalize systematic review requirements
- Finalized search codes and methods
- Searched for articles within Embase & Pubmed (*abstracts*)

March

ANALYZED LITERATURE & BEGAN WORKING ON DELIVERABLES

- Defined inclusion and exclusion criteria and selected studies for inclusion based on predefined criteria
- Completed first run through articles (*full-text*), second run-through of articles to lead to 30 articles to review and third run through of articles that led to 8 articles to review
- Drafted report and policy brief

April

COMPLETED SYSTEMATIC REVIEW & FINALIZED DELIVERABLES

- Completed report through extraction of data from 8 included studies
- Completed policy brief for UN
- Completed final presentation

Research Questions

- How do refugees build social capital in their new community and how does this affect their mental health?
- How can understanding the relationship between refugees, social capital, and mental health help the United Nations design social capital interventions to promote better health?

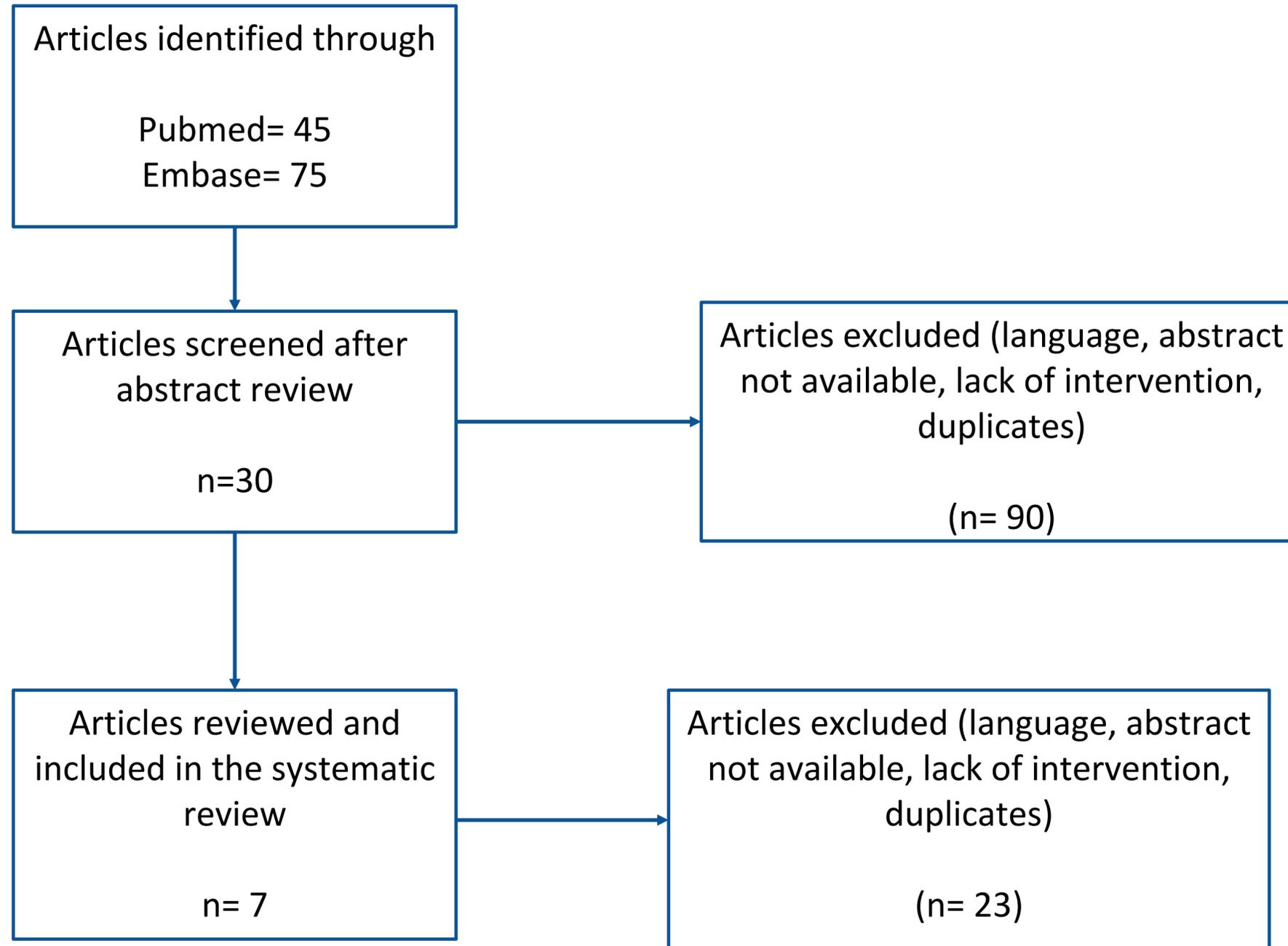
Relevant Literature

- Aldrich, D., Meyer, M. (2014). *Social Capital and Community Resilience*.
- Kawachi, I., Takao, S., & Subramanian, S.V. (2013). *Global Perspectives on Social Capital and Health*.
- Villalonga-Olives E, Wind TR, & Kawachi I. (2018). *Social Capital Interventions in Public Health: a Systematic Review*.

Data Collection

A systematic review is a methodology used to collect qualitative and quantitative secondary data. This type of review requires a researcher to conduct the following steps:

1. Identify the research question
2. Define inclusion and exclusion criteria
3. Search for studies
4. Select studies for inclusion based on predefined criteria
5. Extract data from included studies
6. Present results



Final Flowchart Of Review Process

Refugees

- North Africa
- Sub-Saharan Africa
- Eastern Europe
- Bhutan
- Tanzania
- Syria
- The Caribbean

Mental Health

- Depression
- Mental illness
- Anxiety
- Suicidal thoughts
- Post Traumatic Stress Disorder (PTSD)
- Helplessness

Social Capital

- Communicating with locals
- Building friendships
- Talking to neighbors
- Understanding new culture
- Integration into social systems
- Building support systems
- Participating in groups
- Expanding networks
- Growing sense of community
- Strengthening social cohesion
- Sharing knowledge and access to resources (*employment, housing, etc.*)



While the interventions affected social capital and mental health, they also aimed to improve overall health and wellbeing by:

- Providing quality healthcare services
- Combating food insecurity
- Eliminating sexual stigma and discrimination
- Addressing the daily stressors of resettlement
- Developing healthy coping mechanisms



Limitations

Our research and key findings have some potential limitations including:

- Inclusion criteria
- Search terms and keywords
- Access to databases
- Access to articles

Intervention & Policy Recommendations:

- Community-Led Interventions
- Peer-Led Interventions
- NGO partnerships

Alternative Recommendations:

- Program evaluation of existing and future interventions

Next Steps _____

- Proceed with research alongside partners at the University of Maryland & Northeastern University
- Drs Villalonga Olives & Aldrich will present research to peers
- Transition research provided to broader paper on how the UN and other organizations should view social ties
- Present effective interventions and recommendations to the United Nations



Acknowledgments ---

Foremost, we would like to give our sincerest gratitude to our Professor, Dr. Theodore Landsmark, who instilled confidence in our team and imparted invaluable leadership and wisdom that will serve us in our careers and lifetime, a hundredfold.

Secondly, we thank our faculty advisor, Dr. Daniel Aldrich, for supporting our research and providing much-needed guidance. We deeply value your commitment and passion for this research.

Lastly, and certainly not least—we would like to thank our clients, Drs Ester Villalonga-Olives and Daniel Aldrich. Your impeccable intellect, passion, patience, and belief in our ability to support your change-making research is awe-inspiring.