

# *Social Equity* LEADERSHIP CONFERENCE



JUNE 5 - 7, 2013 - NC STATE UNIVERSITY, RALEIGH, NORTH CAROLINA

## At-Risk Communities, including Immigrants

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### *The Affordable Care Act: A look at Immigrants and Mental Health Care Policy*

**Thursday 3:45 pm Panel 3**

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**Abstract:** In recent years, global changes account for unprecedented movements of individuals crossing borders in search of better lives, opportunities and conditions. However, migration is a stressful experience that affects the well being and functioning of immigrants. Immigrants in the United States fall under a number of classifications; legal immigrants, political asylees, refugees and of course illegal immigrants and they all struggle with transitioning to the United States. A number of factors such as voluntary vs involuntary migration, expectations of the new life, language and cultural challenges and access to public services all influence the immigration experience. Personality factors, such as cognitive flexibility, optimism, and positive coping styles contribute to positive associations with the relocation experience. And finally, the presence of a culturally similar immigrant community and access to helpful resources are significant contributors to a positive relocation experience during the adjustment phase for immigrants. This paper seeks to delve into the state or lack thereof of mental healthcare policy pertaining to immigrant populations in light of the new administration changes.