Migrants and mental health promotion: What does integration have to do with it?

Adil Qureshi Burckhardt
Programa de Psiquiatria Transcultural
Servei de Psiquiatria
Hospital Universitari Vall d’Hebron, Barcelona
aquareshi@vhebron.net
Migration and mental health promotion

- Acculturative stress
- Acculturation
- Explanatory models
- Mental health context in country of origin
- Institutional barriers
- Individual barriers
- Research deficit
- Solutions
Migration and mental health

• Migration and psychopathology
• Acculturative stress
• Acculturation
Migration and psychopathology
Migration and psychopathology

Acculturative stress

Migration

Acculturation

Psycho-pathology

Sociopolitical context

Resource available
Acculturative stress

- Loss/cultural bereavement
- Culture shock/acculturation
- Perceived discrimination
Acculturative stress and acculturation

• Integration as a strategy to reduce acculturative stress?
• Integration as mental health promotion and mental illness prevention?
## Psychocultural integration

Berry’s Acculturation Model

<table>
<thead>
<tr>
<th>Participation and identification with majority group</th>
<th>Participation and identification with original group</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>High</td>
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<tr>
<td>Low</td>
<td>Low</td>
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<tr>
<td><strong>Integration</strong></td>
<td><strong>Separation</strong></td>
</tr>
<tr>
<td><strong>Assimilation</strong></td>
<td><strong>Marginalization</strong></td>
</tr>
</tbody>
</table>

**Berry’s Acculturation Model:**

- High participation and identification with both majority and original groups: Integration
- High participation with majority and low with original: Separation
- Low participation with majority and high with original: Assimilation
- Low participation with both groups: Marginalization
Integration and mental health

• Research inconsistent at best
• A variety of proxy indicators of integration (time in host country, language proficiency, children of immigrants) are correlated with acculturative stress or psychological distress
• Ethnic density correlated with mental well-being
• Drug use habits mimic those of majority group over time
Feasibility of integration

- Cultural compatibility
- Bicultural
- Racism and ethnic discrimination
- Microaggression
- Acceptance
Feasibility of integration

- Acculturation does not take place in a vacuum!
  - Integration—Multiculturalism
  - Assimilation—Melting pot
  - Segregation—Segregation
  - Marginalization—Exclusion
Integration context

- Requires true multiculturalism
- By definition, acculturation is bilateral
- Laws against racial and ethnic discrimination
- Labour laws, holidays
- Public inclusion (media, text-books etc.)
- Employment equity
Strategies

- Social and political inclusion
- Antidiscrimination measures
- Stigma reduction
- Community links
- Strengthen ethnic identity ("ethnic pride")
- Increase service accessibility
- Compatibility of explanatory models
- Early detection
- Research
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