



LZC SUMMER UPDATES

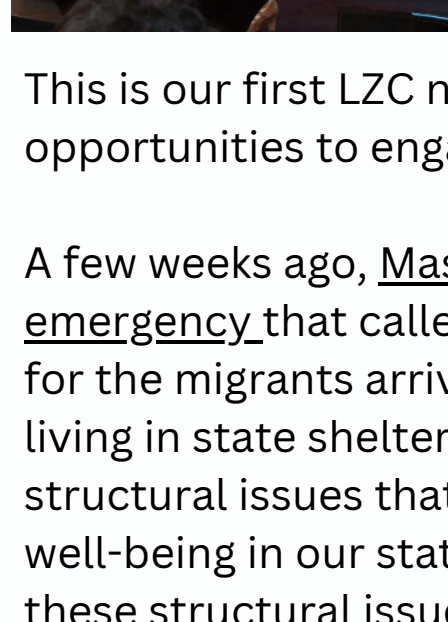
August 2023



DIRECTOR'S NOTE

WHAT HAVE WE LEARNED SINCE POWER IN LISTENING?

Dear friends,



I hope that you have all enjoyed some moments of connection, warmth, and joy this summer. We are closing out a busy and exciting season here at LZC, full of new energy brought by our immigrant intern scholars, ongoing data collection and analysis for the many studies we are engaged in, and sustained focus on issues of immigrant health, well-being, and belonging.

This is our first LZC newsletter, designed to highlight people, knowledge, and opportunities to engage and collaborate.

A few weeks ago, Massachusetts Governor Maura Healey declared a state of emergency that called for expedited work authorizations and federal support for the migrants arriving in Massachusetts, an estimated 20,000 of whom are living in state shelter. This current crisis shines a light on many of the structural issues that prevent immigrants from achieving optimal health and well-being in our state. Although you and I may have been working to address these structural issues for decades (lack of affordable housing, insufficient health access and quality for migrants, labor exploitation, and more), I see a real opportunity right now to highlight the importance of these underlying factors--or social, institutional, and structural determinants--to the health of our communities. You will notice this clear conceptual and empirical base to our work as we release further scholarship this Fall and beyond.

For those of you who joined us a few months ago at our 2023 event Power in Listening, we are grateful for your contributions and wanted to let you know that we've been hard at work incorporating your ideas into our Center's research agenda. Here's a short blog I wrote called "The Art and Science of Power in Listening" that demonstrates how you informed the Center's growth over the past few months. As always, we welcome any thoughts and opportunities to keep this conversation going!

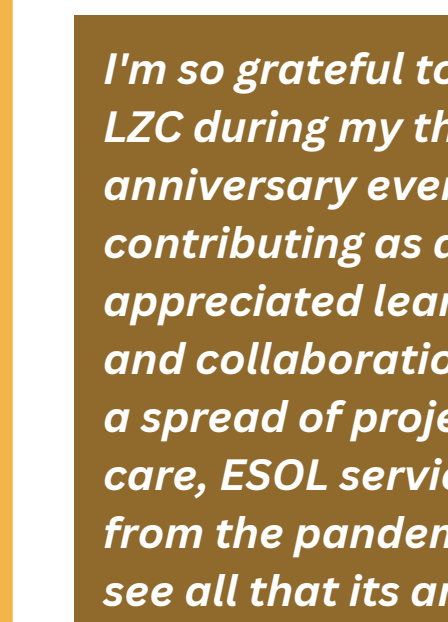
-Jessica Santos, PhD

LOOKING FOR WAYS TO SUPPORT MAUI AND MIGRANTS IN MASSACHUSETTS?

Support rebuilding efforts in Maui through our longtime Empowerment Economics partners **Hawaiian Community Assets** or the **Council for Native Hawaiian Advancement**.

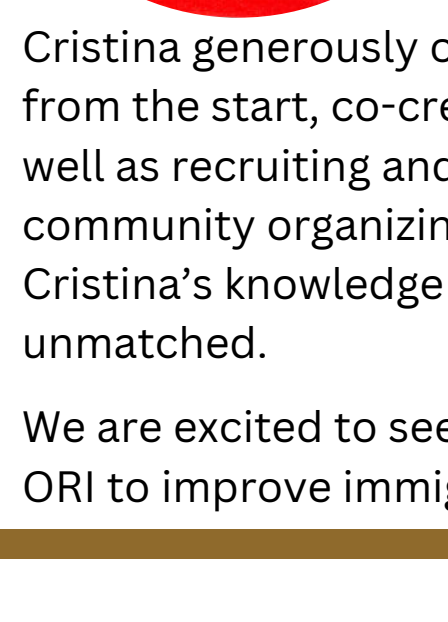
Support the Massachusetts migrant relief fund so that newcomers have their basic needs met through the **United Way**.

GOODBYE AND GOOD LUCK!



Julia Curbera, MCP, Research and Evaluation Project Manager, is moving to NYC and taking on a new role as she advances in her career! We are sad to see her leave, but we are excited to see the great things she will do in the future! Julia has been an integral part of the LZC team, managing different projects and helping to organize LZC's spring event, Power in Listening. We will miss you, Julia!

I'm so grateful to have collaborated both with Leah and Jess in building LZC during my three years at ICH, while helping to plan its launch and anniversary events, exploring new partnerships and projects, and contributing as a researcher and evaluator. Above all, I have appreciated learning from the Center's focus on equitable partnerships and collaboration between researchers and community while working on a spread of projects focused on immigrant wellbeing in substance use care, ESOL services and workforce development, and economic recovery from the pandemic. LZC is truly a special place, and I am so excited to see all that its amazing staff and partners will accomplish in the future!

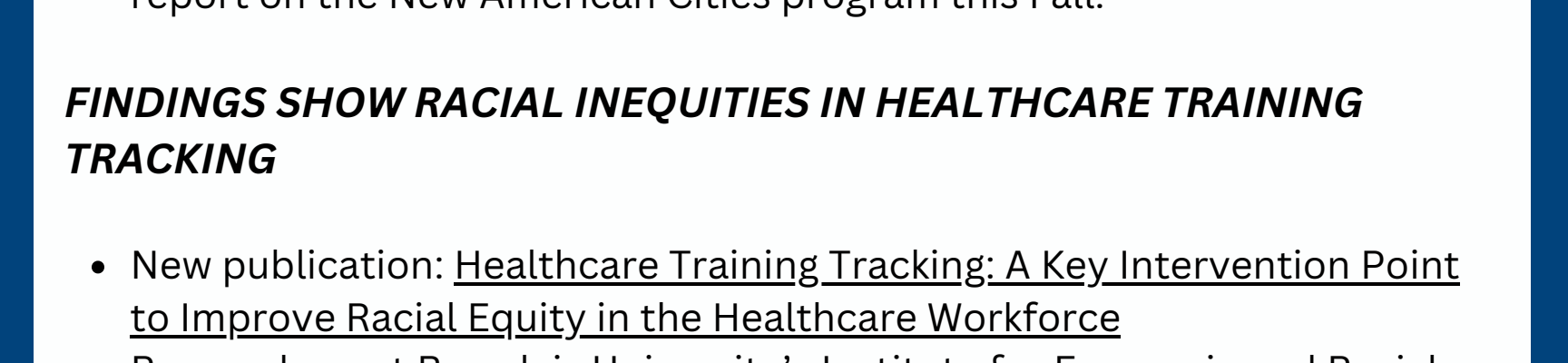


Cristina Aguilera Sandoval, MPA, LZC Advisory Council Chair, was appointed by Massachusetts (MA) Governor Healey as the new Executive Director of MA's Office for Refugees and Immigrants (ORI).

In her new role, Cristina will be a chief advocate for immigrants and refugees in the state. She was previously the Executive Director of the Massachusetts Immigrant Collaborative.

Cristina generously opened up her personal and professional networks for us from the start, co-creating the concept for the advisory council with Jess, as well as recruiting and engaging different members. She also lent her community organizing expertise to make our public events a success. Cristina's knowledge of immigrant rights, priorities, and strengths in MA is unmatched.

We are excited to see how she leverages her leadership and organizing skills at ORI to improve immigrant well-being across the state.



2023 SCHOLARSHIP

REFUGEE CAREER PATHWAYS FIELDWORK IN BALTIMORE, MD

- LZC researchers visited Baltimore, MD, to do fieldwork with the Lutheran Immigration and Refugee Service (LIRS) in May and saw evidence of career advancement in action. Findings will be shared in our upcoming report on the New American Cities program this Fall.

FINDINGS SHOW RACIAL INEQUITIES IN HEALTHCARE TRAINING TRACKING

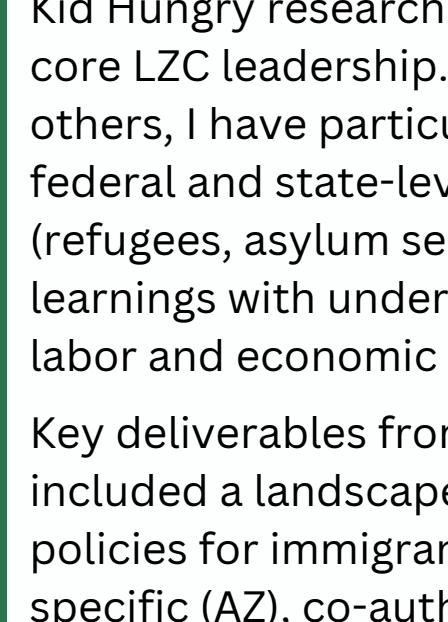
- New publication: Healthcare Training Tracking: A Key Intervention Point to Improve Racial Equity in the Healthcare Workforce
- Researchers at Brandeis University's Institute for Economic and Racial Equity (IERE), including Dr. Jessica Santos, LZC director and visiting scholar at Brandeis, have released a new report entitled Healthcare Training Tracking: A Key Intervention Point to Improve Racial Equity in the Healthcare Workforce.
- Findings point to the need for an equity lens to be incorporated throughout healthcare training programs

IMMIGRANT COMMUNITIES ADDRESS MENTAL HEALTH AND WELL-BEING SINCE COVID-19

- LZC released new publications Weaving Well-being and Measuring Well-being in Spring 2023 in collaboration with the City of Boston Mayor's Office for Immigrant Advancement (MOIA) and ADAPT at Tufts CTSI.
- Weaving Well-being highlights how seven immigrant-led orgs across Boston are providing culturally relevant and community-embedded activities to support immigrant well-being. Measuring Well-being is a reference list for researchers and organizations wishing to measure the impact of mental health and well-being interventions for immigrant population.

SUMMER SCHOLAR INTERNS CONTRIBUTE RESEARCH ON SOCIAL, INSTITUTIONAL, AND STRUCTURAL DETERMINANTS OF HEALTH

ANIKA KUMAR, PhD '26



Anika is a PhD student at the Heller School of Social Policy and Management at Brandeis University. With a degree in community health and psychology from Tufts University and subsequent research experience in academic medical centers around the Greater Boston area.

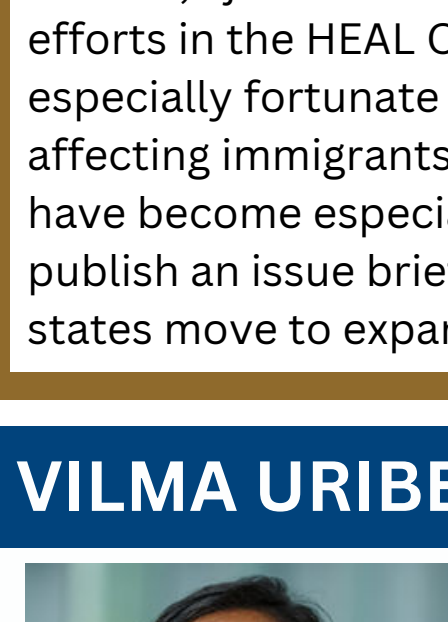
"I dedicated my summer towards advancing landscape knowledge and helping expand the center's efforts through key development projects.

To accomplish such, I joined the CHA Asylum Program evaluation and No Kid Hungry research teams, as well as engaged in strategic planning with core LZC leadership. While there is no one project that ranks higher than others, I have particularly enjoyed gaining a granular understanding of the federal and state-level policy landscape for immigrant subgroups (refugees, asylum seekers, undocumented immigrants) and pairing these learnings with underlying theory on inclusion/exclusion social conditions, labor and economic levers, and historical violence.

Key deliverables from my summer internship included a landscape report of food assistance policies for immigrants, both federal and state-specific (AZ), co-authorship on NARHC presentation and subsequent CHA poster presentation on the effectiveness of a forensic medical evaluation training program (CHAAP), grant submission to the Russell Sage Foundation, and an issue brief highlighting asylee medicine and the role of the healthcare system. As I begin the second year of my PhD program, I am thrilled to bring these experiences to coursework and my own research."

My involvement on the development end allowed me to understand how best to align our research initiatives with funding priorities, as well as strategize around the sustainability and expansion of a program or policy.

ANTHONY RUMBOS-PEREZ, BA '26

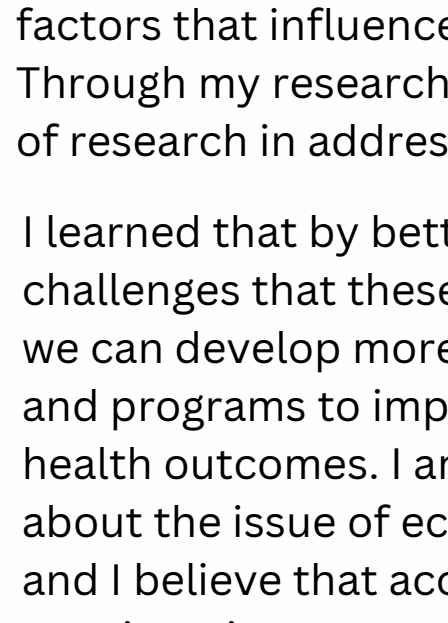


Anthony is an undergraduate at Swarthmore College, pursuing majors in Political Sociology and Statistics. Anthony is a student intern at the Intercultural Center at Swarthmore, where he helps to support programming to build multicultural community and inclusion on the school's campus.

"At LZC, I joined teams researching food justice and economic empowerment efforts in the HEAL Collaborative and No Kid Hungry initiatives. I was especially fortunate to be able to do background research on policies affecting immigrants in my home state of California for this project as well. I have become especially passionate about this research, and am excited to publish an issue brief for LZC soon on where Massachusetts stands as more states move to expand Medicaid eligibility to all immigrants."

I have felt grateful to work independently on initial research for LZC into immigrants' access to and quality of care with MassHealth.

VILMA URIBE, PhD '26



Vilma is a PhD student at Brandeis University, researching economic and racial equity for survivors of domestic violence and people of color. She has over a decade of experience working with academic, non-profit, and medical institutions to implement anti-violence community-based programs.

"During my internship at LZC, I focused on researching mental health access for immigrant communities. I was particularly interested in the specific impact of migration on the mental health of immigrants. This is a complex and under-explored area, and I found it fascinating to learn more about the factors that influence the mental well-being of this population group. Through my research, I gained a profound understanding of the significance of research in addressing the mental health needs of immigrant communities.

I learned that by better understanding the challenges that these communities face, we can develop more effective policies and programs to improve their mental health outcomes. I am also passionate about the issue of economic inequality, and I believe that access to mental health care is an important component of reducing economic inequality. By making mental health care more accessible to immigrant communities, we can help to ensure that everyone has the opportunity to reach their full potential."

Overall, my internship at LZC was an incredibly rewarding experience. I learned a lot about the mental health needs of immigrant communities, and I am excited to continue my research in this area to make a meaningful impact on the lives of these communities.

SUPPORT THE LEAH ZALLMAN CENTER FOR IMMIGRANT HEALTH RESEARCH AT THE INSTITUTE FOR COMMUNITY HEALTH

Your donation brings us closer to our vision of "a world in which empowered and knowledgeable communities achieve health equity and a high quality of life for all." We use the donations to fund our work, particularly pilot and innovative projects that don't yet have a funding mechanism. Thank you very much for supporting our work.

DONATE NOW!

About LZC

The Leah Zallman Center for Immigrant Health Research is a research center at the Institute for Community Health. We are a team of interdisciplinary social science researchers with expertise at the intersection of immigrant, economic, and health justice.

Contact us at: lzc@communityhealth.org
For more information visit: immigranthealth.org

