

12-2019

Trauma on the Border: Immigrant Children In Detention Centers

Yosseline Pacheco
California State University, Monterey Bay

Follow this and additional works at: https://digitalcommons.csumb.edu/caps_thes_all



Part of the [Immigration Law Commons](#)

Recommended Citation

Pacheco, Yosseline, "Trauma on the Border: Immigrant Children In Detention Centers" (2019). *Capstone Projects and Master's Theses*. 645.

https://digitalcommons.csumb.edu/caps_thes_all/645

This Capstone Project (Open Access) is brought to you for free and open access by the Capstone Projects and Master's Theses at Digital Commons @ CSUMB. It has been accepted for inclusion in Capstone Projects and Master's Theses by an authorized administrator of Digital Commons @ CSUMB. For more information, please contact digitalcommons@csumb.edu.

Trauma on the Border: Immigrant Children In Detention Centers



Wilmann, Indigo. "Free Posters to Download for Families Belong Together March on June 30." *CREDO Mobile Blog*,
28 June 2018,

Yosseline Pacheco

Senior Capstone

Pre-Law

Research Essay Project

Dr. Ernest Stromberg

Division of Humanities and Communication

Fall, 2019

Table of Contents:

Senior Project Proposal 3

Trauma on the Border: Immigrant Children in Detention Centers..... 6

Annotated Bibliography 24

Final Synthesis Essay..... 31

Resume 34

Senior Project Proposal

1. My name is Yosseline Pachecco, I am a Human Communications major with a minor in Pre-law.
2. Immigration has been a hot topic throughout Trump's administration. With the flow of immigrants into the U.S, new policies like the “Zero tolerance Policy” have taken a great toll on immigrant children, especially those being held in detention centers which have been viewed as inhumane and compared to Hitler's concentration camps. In what ways do detention centers affect immigrant children mentally and physically? What trauma do they relive when crossing borders? What trauma were they suffering in their native country?

I chose to focus on the topic of migrant children because our political climate and current administration echoes the World War 2 era with minorities being the main target of policy and hateful rhetoric. Immigration has been a huge debate over the last three years of Trump’s presidency and his harsh crack down on illegal immigration has caused a community to remain alert and afraid at all times. Children are the ones that suffer the most, especially those in a detention center, with studies coming out about immigrant children and their mental health, I thought it would be a great topic to educate one another about the horrors my people are going through right now. Not only do I want it to be educational but I want to bring awareness to the issue and help make a difference.

3. Since our Capstone theme is Trauma and Healing I decided to do my project on immigrant children and their trauma because of how fresh and recent it is. With the

readings we have done in class it has given me a better understanding of the different types of trauma and ways to cope with it, something I can integrate into my research topic. I can also use the book as a source being that it has relevant information about my topic.

4. Through this topic I hope to grasp a better understanding of immigrant children trauma and finds ways to help, I want to be a helper not a bystander to many of these children who are fleeing their own native country due to violence, extortion etc... they come into this country with past trauma only to encounter hatred and inhumane treatment towards them. They enter this great country feeling the hatred towards the unwantedness, I hope to change that maybe not physically but by bringing awareness to their issues.
5. I don't necessarily have a title yet but it something along the lines with mental health and immigration I just haven't though a great topic, I want it to be unique but do need some help with title ideas.
6. Immigration has been a hot topic throughout Trump's administration, with the flow of immigrants into the U.S new policies like the "Zero tolerance Policy" have taken a great toll on immigrant children, especially those being held under a detention center in which in many instances has been viewed as inhumane and compared to Hitler's concentration
7. camps. In what ways do detention centers affect immigrant children mentally and physically ?, what trauma do they relive when crossing borders ? and what trauma where they suffering in their native country.

8. One of my Sources is going to be “Social Science & Medicine” the topic is “Mental health of children held at a United States Immigration center”, this source gives proven facts along with statistics that they have conducted with immigrant children. I plan to use this source because of the proven not only that but they bring awareness to a serious issue and try to help immigrant children. Another source is “journalist resource”, along the same lines this source provides facts and statistics from a different point of view, they give the American Academy Pediatrics statements based on the research they conducted on immigrant children. I have a few other unidentified sources but I want to make sure and do more research to know that they have good proven facts, I am looking into watching testimonials of some children in the detention centers and what their life is like, in order for my peers to see their point of view.
9. In order to meet deadlines and expectations I will dedicate three to four hours each day, either by doing research on sources as well as starting my first draft.
- 10.

Annotated Bibliography	October 8
First Draft	October 29
Second Draft with Final Annotated Bibliography	November 19
Final Paper + Portfolio and Synthesis Essay	December 12
Poster or Oral presentation	Capstone Festival

Yosseline Pacheco

Final Capstone Paper

HCOM 475

December 15, 2019

Trauma on the Border: Immigrant Children in Detention Centers

On June 2018, Anita and her six-year-old son Jenri came fleeing from their native country of Honduras, where their family was threatened at gunpoint. Anita was apprehended at the United States Southwest border seeking asylum. Border patrol separated asylum seeker from her six-year-old child in response to the zero-tolerance policy by the Trump Administration. Anita was soon placed in Port Isabel detention facility in Harlingen, Texas she was held on no bond but was shortly let out on a bond. She was on the hunt to search for her six-year-old child named Jenri. A month went by until Anita was finally reunited with Jenri, he was being held in a Child Migrant Center in Harlingen, Texas. But what Anita did not know is she would be coming home to a completely different child. When re-united Jenri did not run to his mom, he was utterly blank and confused, Anita knelt and asked for forgiveness, "perdoname...perdoname...perdoname". Jenri confessed to being held in what they call and "Icebox" he stated, "In the Icebox, I was shivering, there was another boy next to me shivering and I was afraid he would catch a cold so I asked the teacher for a blanket but she told me no". Since being released Jenri has a few mental breakdowns claiming his mother does not love him

anymore, Anita stated that the separation was so long her son had changed so much and suffered psychological trauma. But Jenri is not the only child who is encountering psychological trauma, thousands of children trapped in Migrant shelters are experiencing the same trauma as well. (Youtube, Trump's Family Separation).

Between the year 2018 through 2019, there has been a sixty-percent increase in unaccompanied children at the Southwest border where they are later transferred to the care of the Office of Refugee Resettlement (ORR). The dramatic increase in undocumented children are immigrants from Guatemala, Honduras, and El Salvador (the Northern Triangle countries of Central America). (Cardosa, Brabeek, Stinchcomb, Heidbrink, Price, Fil.Garcia, Crea & Zayas pg 1,2). During those two years the Trump administration passed many harsh policies designed to decrease the flow of migration, yet it has only done the opposite with the new formations of caravans that are headed to the land of freedom. On April 6 2018, U.S Attorney General announced the Zero-Tolerance policy where unauthorized immigrant parents traveling with their children were being criminally prosecuted and separated from their children. According to the New York Times by the end of 2018 more than three thousand immigrant children were separated from their parents. A federal court issued an order requiring the reunification of 2,737 children who were separated from their parents as of June 2018. The policy was meant to deter migrant families from entering the country at the southwest border. Most of those families were fleeing violence, and persecution in their own native country. This policy sent many parents into months of anxiety and depression, unable to communicate yet alone not knowing where their children were sent. Under this policy, the Trump Administration made it difficult for relatives of

the immigrant children to take the children into their own homes. Many of these children ranging from toddlers to youth experienced pre- and in-transit migration trauma while arriving at facilities after being separated from their families. Many of the youth experienced depression, psychological distress, academic disengagement, and maltreatment. (Cardosa, Brabeek, Stinchcomb, Heidbrink, Price, Fil.Garcia, Crea & Zayas pg 1,2)

The question we have to ask ourselves is; are our current immigration policies traumatizing these children?. This paper will go in-depth to describe the traumatic effects of the zero-tolerance policy imposed by the Trump Administration, the inhumane treatment at several detention facilities, evidence of the long term effects of child separation, and what we can do to secure our borders while still giving a safe and humane pathway towards asylum for many of these children.

Communities across the U.S have become homes to many undocumented families as well as refugees from across the world. The surge of unaccompanied minors started back in 2014, according to Kids In Need of Defense (KIND) nearly 28,579 minors were apprehended at the U.S-Mexico Border. The U.S saw a decrease in 2015 but in 2016 it reached its peak once again. Within the first six-months of 2016 more than 27,000 unaccompanied children were apprehended at the southwestern border (KIND). As stated, many of these minors are coming from countries like El Salvador, Honduras, and Guatemala where violence and organized gangs overpower the country. Societal violence in these countries ignites children to flee. Years of civil war and genocide have resulted in a corrupt government, with a weak government, gangs have established a sense of authority and have used fear as a tool to overtake communities especially

the youth. This corruption has become the center of violence with child abuse, and neglect in which has predominately seen the rise of youth migration.

When an unaccompanied child is first apprehended at the southwest border by border patrol or ICE agents they are handed over to the care of the Office of Refugee Resettlement where they are given a 72-hour apprehension before being released to relatives or family sponsors. ORR screens each child to arbitrate if the child has been a victim to human trafficking, enough evidence if the child is at risk if returned to his/her country, and if the child has possible claims to file for asylum (Kandel, 9). ORR is responsible to find shelter for the UAC minor they oversee. "According to ORR, the majority of the youth are cared for initially through a network of about 170-in state-licensed shelters in 23 states. (Kandel, 9). These in-state facilities offer classroom education, mental and medical health services, and socialization and recreation. ORR is responsible for the release of a UAC to family members or sponsors but as of June 2018, a new policy was implemented by the Trump Administration where all potential sponsors must undergo a criminal background check as well as biometrics being taken for each potential sponsor or close relative. (UAC fact sheet, 2 & 3). This new policy not only holds a UAC longer at facilities but spikes fear in close relatives as they are scared to come forward as a sponsor in fear of discovering their unlawful status.

Under the Flores Agreement of 1997 immigrant officials were given a set of rules when under the care of unaccompanied minors, which were 1. Provide food and drinking water 2. Medical assistance and emergencies 3. Toilets and sinks 4. Adequate temperature control and ventilation 5. Supervision to protect minors from others 6. Separation from unrelated adults

whenever possible (Kandel, 4) and lastly to be held for no more than 20 days but according to NPR, in 2019 "HHS reported that the average length of detention at Homestead was sixty-seven days and sometimes even longer". According to Kandel ORR reported that for the second quarter of FY 2019 UAC children were spending an average of 47 days in ORR instead of the Flores agreement 20-day stay. When sponsors cannot be matches or located the UAC then undergoes through long-term care setting such as community-based foster-care or extended care group home

FACILITIES:

Tornillo Shelter Texas is located 35 miles southeast of El Paso Texas, it opened on June 2018 until January 2019. It is being run by a private firm known as BCFS (Health and Human Services Emergency Management Division) the company is greatly known for providing emergency services. After the Trump Administration issued the Zero-Tolerance Policy many UAC have been held longer at facilities and new facilities like Tornillo have opened to take in those UAC. By November 2018 Tornillo became the largest shelter open for migrant children housing more than 18,000 UAC. Initially, it was only set to be open for thirty days, but with the overcrowding and influx of migrant children, it stayed open until January 2019 (Barajas, Nawaz PBS). Tornillo has faced many issues during its operations, one of the biggest concerns was access to mental health care, while the second concern was FBI checks were being waived for Tornillo Staff. According to PBS, many OIG investigators have expressed concerns over the limited amount of staff clinicians to provide adequate mental health care. As stated above the

Flores agreement and the federal government requires facilities contracts to hire clinicians to conduct mental health screenings and provide on-going counseling services. The Tornillo Shelter has failed to meet those federal requirements, "as of October 2018, Tornillo was operating with a ratio of one clinician for every 55 children" (Barajas, Nawaz PBS). Many locals and local rights activists have advocated for these migrant children, some have documented from the outside the injustices they see every day. Only a few officials and journalists were selected to tour the Migrant shelter, no cameras are allowed and all images and videos are taken and given to HHS in order to hold the secrecy of the facility. Many watchdog reporters stated that mental health services were insufficient in which it posed a risk to many UAC children in need of these services. Not only is mental health services a worry but the biggest concern is the amount of time these children are spending in these facilities.

According to The American Academy of Pediatrics, "even brief detention can cause psychological trauma and induce long-term mental health risks" among children (Pacific Standard). Many lawyers that have been allowed into the facility for immigrational purposes have witnessed the trauma first hand, some have stated that they seemed to be cheerful with the belief that they were going to be released sooner rather than later, in which that was not the case. Many lawyers and colleagues stated that they went back and found many of these children despondent and unhopeful. The facility was under the public eye and had received a lot of scrutiny, as the courts forced the end of the zero-tolerance policy Tornillo was forced to close by the end of January 2019. The facility announced the leniency of background checks it required

for potential sponsors, these strict background checks were the main cause as to why these kids were not being released within federal guidelines.

Homestead Florida, located thirty miles south of Miami was the first biggest migrant shelter after the closure of Tornillo Texas. The shelter is operated by a for-profit corporation named, Comprehensive Health Services Incorporated (CHSI). Homestead operated back in 2016 with the influx of UAC at the time and it closed in April 2017. It opened once again in March 2018 throughout February 2019, it added a thousand beds in response to the closure of the Tornillo Texas shelter. ACF fact sheet reported that as of February 26 2019, the shelter housed about 1,600 children who would spend an average of fifty-eight days in the shelter before being released to a sponsor. Many news reports have cited Homestead shelter as inhumane and prison-like conditions. While other immigration observants stated on the exaggeration of news outlets on Homestead conditions. Vice News reported the "prison-like" conditions from allegations of neglect and mistreatment, they also stated that minors being held there were given pills regularly to treat physical and psychological trauma without the children's knowledge of what the pills were for. A news outlet by the name of Roll Call was given access to tour the "prison-like" shelter. In its statement of the tour Roll Call described what a day was like for a migrant child in the facility, " Every day, they have classes roughly from 8 a.m. to 4 p.m., with breaks for leisure and legal services. While they are taught math, science, and English, the lessons are not based on any standardized curriculum, and most of their teachers are not accredited". Homestead does not permit any sort of physical contact whether it be a handshake or

a simple hug and can face disciplinary action if caught. According to Roll Call Ryan Matlow, a licensed psychologist visited the shelter and stated that conditions at the facility are, "consistent with those that create trauma, and that commonly result in post-traumatic stress and long-lasting functional impairment." Teens at homestead have constantly complained of being separated from their siblings, not being able to communicate in their native language, the emotional effect of the "no-touch rule" and constantly being under surveillance. During interviews held by lawyers, many children expressed the consequences of breaking rules like, not being able to reunite with their family members or not being eligible to stay in the U.S.

While news media have brought attention to this facility may others have come in support of it and have accused media outlets of the exaggeration towards Homestead. In an article released by Preston Huennekens titled, "Is Homestead UAC shelter actually a prison?. " Huennekens questions J. J Mulligan of U.C Davis Immigration Law Clinic, exaggerated statements when both toured the facility Mulligan stated, "extremely traumatized children, some of whom sit across from us and can't stop crying over what they're experiencing." Mulligan also described Homestead as a "house of Horror" rather than a "Summer Camp."Huennekens had a different perspective to homestead and indicated that these children were traumatized from post-migration to the U.S rather than the shelters they are subjected in.

As stated above, the biggest concern for any of these migrant shelters is the amount of time children are being held in these facilities, without proper mental health care services it only increases the psychological trauma these children have already gone through. Homestead has not complied with the Flores agreement, in which it requires a child to be placed within twenty-days

to family sponsors. Roll Call reports that "140 children had spent 100 days or more at Homestead, and 26 children had spent 200 days or more there more than six months." Many immigrant advocates have expressed concerns over child-custody as a for-profit industry being that Homestead is a for-profit corporation. The cost per-child at Homestead cost seven-hundred and seventy-five per day in which the facility receives 1.2 million per day. This is of great concern and reasonable cause as to why children are suffering emotional and toxic stress by staying longer in facilities with insufficient resources being given to them. Homestead shut its doors in August of 2019 as their contract was to be placed on "warm status" as of Nov. 30, due to financial reasons but the facility can later be opened if an influx of children is on the rise once again. (Vice, 2019)

Clint Texas facility is located more than half an hour away from El Paso, Texas. It is initially a holding facility for immigrants, not a detention center and is being directed by CBP (Border Patrol). The facility has been under extreme scrutiny by a team of lawyers, doctors, and advocates who were concerned about the "poor health and hygiene conditions" of UAC children (Nick, Chavez). According to CNN a good amount of children are being held in rooms with metal doors, no windows to see even an inch of sunlight, while some children sleep on blue mattresses others sleep on the floor. The facility is considered to be dirty and under unsanitary conditions, in which it has caused an outbreak of flu, lice, and chickenpox among other diseases. Lawyer Warren Binford visited the facility in June and described her visit as, "the worst conditions I have ever witnessed in several years of doing these inspections"(PBS). He also

noted the malnourished and dirty children who were being severely neglected, are being kept in inhumane conditions noting that there were 300 children in one cell with no adult supervision (PBS, News Hour). A former chief of early childhood development for UNICEF indicated that children without a responsible caregiver do not receive the comfort they so long for. She added that the children lose out on stimulating activities that promote how they think and learn, out of fear and anxiety, "their stress hormone cortisol surges, obstructs new neural connections and breaks down old ones, "causing long-term psychological and physical damage"(Santaham, PBS). Pediatrician Julie Nilton has also witnessed the consequences of detaining immigrant children in these un-sanitary facilities. Nilton has treated migrant children that are released from detention facilities, she notes that due to exposed illness like pneumonia or diarrhea-related and dehydration their immune system is unable to fight off infection because they are constantly under severe stress of family separation, (PBS).

The facility has also been accused of overcrowding as it is initially only capable of holding 106 migrants but as of June 2019, the facility held 117 migrant youths with the youngest being a one-year-old accompanied by a 17-year-old and 2-year-old whom together they've made the dangerous journey to the U.S. (Chavez, Nick PBS). Matt Harris the Border Patrol Agent in charge of the Clint facility has revealed that children have been arriving and staying at the facility for six to ten days, he also noted that in some instances the children stay for up to thirty days, as stated the facility was originally designed to hold a little over one hundred people but at one point the facility housed up to seven hundred children at a time (CBS). Charles Nelson a psychologist and neuroscientist who has studied the effects of child neglect around the world

explained how young children do not have a sense of time, so when being held in a detention facility to them it may feel like it will last forever instead, time stops while despair and hopelessness increases. (Santhanam, PBS).

As stated the Clint facility is initially under the care of Border Patrol agents, they are not responsible for the care of UAC children and as Aaron Hull stated who is the Chief of El Paso Border Patrol sector, "Border Patrol is not built, staffed or funded to handle longer-term stays"(CBS, 2019). Initially, the U.S Department of Health and Human Services is responsible for UAC, but the agency claimed they were unable to take hundreds of children remaining in the Clint facility as they did not have the capacity or resources for them. As of July 12 2019, CNN reported that 250 children were being moved out of Clint facility and into the care of Health and Human Services.

With the evidence and statements given above, the question we should be asking is, are these detention facilities the main cause of the children's psychological trauma?. Many agree that these facilities are the main cause, while others may argue that many of these children have come in with some sort of pre-or in transit trauma. The overall viewpoint is whether these children have suffered trauma in their native country or elsewhere, placing them in a detention facility only hinders their trauma further. The U.S immigration system itself has been accused of child abuse and mistreatment where many of these incidents have occurred in these institutionalized care systems for migrant children. As stated above, many of these children have been separated from their parents/guardians that alone causes excessive stress which aburts with a child's healthy development. Jack P. Shonkoff a professor of pediatrics at Harvard Medical School,

recently stated how important it is for children, especially when they are young to rely on a stable and responsive relationships for a healthy development, he also added when those relationships are disrupted you trigger everything that supports emotional, social and physical well being (Chotnier).

Zero-Tolerance Policy:

April 6 2018, U.S Attorney General Jeff Sessions announced the Zero-Tolerance policy, an enforcement policy for any adult who entered the U.S illegally would be criminally prosecuted, with no exceptions whether you were an asylum seeker or migrant traveling with a minor child. (UAC: An Overview, 23). Around 3,000 children were forcefully separated from their parents and handed over to Health and Human Services who were then put into detention facilities as stated above. Under the Zero-tolerance policy families who arrived at ports of entry requesting for asylum were prosecuted differently, DHS has broad and specific guidelines when detaining adults but when arriving as a family with alien children there are different guidelines as to how those children should be prosecuted, that is all stated in the Flores agreement. Initially, before the zero-tolerance policy, families who crossed the border illegally were usually kept together, but after the zero-tolerance policy, the guidelines changed. DHS released a statement in regards to family separation noting, "May 2018, DHS determined that the policy would cover alien adults arriving illegally in the United States with minor children. Because minor children cannot be held in criminal custody with an adult, alien adults who entered the United States

illegally would have to be separated from any accompanying minor children when the adults were referred for criminal prosecution"(DHS, Special Review). The zero-tolerance policy caused a nationwide outrage as many civil rights advocates called for an immediate release of children being sent to detention facilities as well as the reunification of separated families. President Trump signed an executive order to stop family separation on June 20 2018, and shortly after on June 26, a federal court issued the reunification of separated families within thirty days (DHS, Special Review). It is unclear how Homeland Security would reunite the two thousand children that were separated from their families as DHS knew it lacked the technology to track and reunite them.

Research:

The question we ask ourselves is, was the zero-tolerance policy the main cause of these children's trauma? If so in what ways?. A report released by DHS Inspector General concluded that children who were separated from their families due to the zero-tolerance policy by the Trump Administration suffered mental trauma as well as symptoms of post-traumatic stress disorder (USA, Gomez). The report stated, "Even for children who entered the United States without their parents—those not separated— some found it traumatic to adapt to new and unfamiliar situations in facilities"(pg, 9). Many of these children had already encountered extreme trauma and stress in their native countries, but the children suffered another realm of trauma and stress due to family separations once in the U.S and under the custody of Health and Human Services. Mental Health clinicians at the facilities stated the hardships in addressing the

children's mental health issues due to the extreme trauma they had already encountered prior to coming into the United States. In part, because the children at Migrant shelters are constantly being moved or relocated to different facilities due to overcrowding, Health clinicians did not know how long a child will last in the facility, therefore, preventing them from giving proper and adequate treatment (DHS, General Inspector, 10). The report also addressed the uncertainty of having children re-visit such traumatic events, because of inadequate treatment they started the band-aid method in hopes of addressing some of their past trauma, "For example, mental health clinicians described intentionally not probing into past events, but instead staying focused on helping children to cope and remain stable. Mental health clinicians referred to this as a Band-Aid approach,..."(DHS General Inspector, 10). Children who were separated from their parents experience a sense of, "fear, feelings of abandonment, and post-traumatic stress than did children who were not separated" (DHS GI, 10) while other children experienced loss and a sense of confusion as to why their parents abandoned them. These children resulted in high levels of mental distress and in fear began to cry.

With the influx of children being apprehended DHS also reported the hardships in assigning the adequate and age-appropriate psychological treatment for many children of twelve and younger. DHS stated a twenty-four percent increase of twelve years old and younger between April 2018 and March 2018, which resulted in a longer stay for many of these UAC children.

As mentioned in this essay, children who stayed in the detention facilities longer resulted in a determinantal of the mental health as DHS report confirms, "Facilities reported that children

with longer stays experienced more stress, anxiety, and behavioral issues, which staff had to manage." (pg,12). The report also stated that children who were not diagnosed with any psychological or mental trauma soon started to experience some sort of symptom as their days in the facilities stretched, this caused children to act out against staff and or become disillusioned."According to facility staff, longer stays resulted in higher levels of defiance, hopelessness, and frustration among children, along with more instances of self-harm and suicidal ideation." (DHS GI, 12).

Overall the report proved and confirmed just how damaging these detention facilities are to a child's mental and psychological health. But not only has the Trump Administration ignored advocates and lawyers etc.... Cries to stop this injustice, but they have also turned a blind eye to pediatricians as well as psychologist who first-hand knows the damaging effects that the Trump Administration is imposing on these children.

The American Academy of Pediatricians released a statement in urging the immediate release of children and the reunification of families they stated, "...urges that immigrant children seeking safe haven in the United States should never be placed in detention facilities. Studies of detained immigrants have shown that children and parents may suffer negative physical and emotional symptoms from detention, including anxiety, depression and post-traumatic stress disorder". But where does this anxiety and stress stem from? well, it's a three-step trauma process, the first step is Type 1 trauma, which is the "exposure to an extreme event such as a road traffic accident, recovering without significant injury in an environment of supportive adult relationships"(Wood). Type 2 trauma comes from repeated prolonged trauma like sexual abuse

in the home or children in the U.S being detained for a lengthy amount of time. And lastly, Type 3 Trauma as the BMJ Pediatrics article best explains is when a child experiences violent actions at such an early age, in which it can create an extremely hostile environment for that child. Not only are UAC experiencing all three types of trauma but the most common one is the Attachment theory.

The attachment theory or threatened attachment was developed in 1958 by John Bowlby and Mary Ainsworth, it described a child's sense of security is rooted in the caregiver, the relationship with that caregivers shapes the child social, cognitive, and emotional regulation skills. In other words, separating the child from the main caregiver/parent puts their development skills at risk (Timist). The attachment theory comes in three fluid phases as BMJ pediatrics best explains it, the child first enters into a phase of protest followed by fear, distress, and crying as they search in their caregivers for a sense of comfort but do not receive when placed in detention facilities. They then enter into a phase of despair as the separation is prolonged, we start to see less crying and the rejection of adult interaction. While the last phase may seem as a form of acceptance to a new environment, but this only signifies that the child is in a "perceived state" or fear without resolution (Woods, 2). With the process of reuniting families, young children in the despair phase will usually recover and phase out the fear and crying characteristics. While children in the despair phase may have a more hostile approach when reunited with parents like Jenri case as stated at the beginning of my essay, it takes them longer to rebuild the bond they once had with their parents, while children who have completely detached from their parents

may ignore or treat them as strangers when reunited feeling the sense of abandonment on the parents part. (Wood, 2)

So what can we do to provide a safe and human pathway to many of these UAC children who are fleeing from their traumatic past?. First and foremost I believe no child should be separated and jailed into a detention facility, with the evidence stated above family separation is proven to inflict irreplaceable trauma on immigrant children, leaving them confused and in despair. With our broken immigration laws, I believe the best approach is the approach that our prior president Obama had, which was keeping families together and releasing them into the community while awaiting trial for asylum. No child or parent should ever have to go through the pain of separation, the feeling of despair, as well as abandonment. This country was built on immigrants and therefore we are all immigrants, we are all human, and with one voice as a whole, we can make the change and seek a humane pathway for our children. Advocating and pressuring our representatives is the best approach to make change happen as we have seen in this last year with the reunification of families. The fight is not over and we have to continue to fight and be the voice for immigrants and refugees in order to seek change a pathway to citizenship.

Motivation:

I was inspired and moved to do my research on immigrant children in detention facilities because I am also an immigrant just like them. I was born in Badiraguato, Mexico and migrated to this country when I was three years old. I put myself in their shoes as I could have easily been

separated and placed into a detention facility just like many of these children. My heart goes out to my Mexican people, Salvadorians, Hondurans, etc... who flee their native country in hopes of living the American Dream, in hopes of giving their children a better life, in hopes of succeeding in a country where you are not constantly being persecuted or living in danger. I chose pre-law as my concentration because this is where I am best able to succeed and help my immigrant community in attaining their dreams. My goal is to become a paralegal and not only help myself but also my dearest mother as well as those children stuck in these facilities. This career is the best way to help change people's lives in the humblest way possible. My biggest reward will be seeing a happy face and a sincere thank you because coming from a family of immigrants I first hand know the fear of ICE, and Border patrol knocking at your door. I stand with those children and will fight for them because I am proud to say I am also an Immigrant, and I am one of them.

Annotated Bibliography:

American Academy of Pediatrics. "AAP Statement Opposing the Border Security and Immigration Reform Act." *AAP.org*, 15 June 2018, www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAPStatementOpposingBorderSecurityandImmigrationReformAct.aspx.

Letter written to HHS in opposing child detention facilities, urges the immediate release of immigrant children as long-term jail effects are detrimental to a child's healthy development.

Atlantic. "How Trump's Family Separation Traumatized Children ." YouTube, 2018, www.youtube.com/watch?v=VFJzKmdldos.

Based on a true story of a mother and her child who were separated from the zero-tolerance policy. The desperate mother is on the hunt to reunite with her child. Within the video we see how the child has changed emotionally and has suffered from a traumatic event while in the detention facility.

Barajas, Joshua, and Amna Nawaz. "The Tornillo Shelter for Migrant Children Was Supposed to Close after 30 Days. Here's Why It's Still Open." *PBS*, 30 Nov. 2018, www.pbs.org/newshour/nation/the-tornillo-shelter-for-migrant-children-was-supposed-to-close-after-30-days-heres-why-its-still-open.

The "Tent City" overview of what conditions are like in there, why the facility has not closed and the influx of immigrant children arriving across the border each day, has caused facilities like this to expand and stay operated.

Brangham, William. "Hundreds of Migrant Children Transferred from Texas Facility with 'Inhumane' Conditions." *PBS*, 25 June 2019,

www.pbs.org/newshour/nation/hundreds-of-migrant-children-transferred-from-texas-facility-with-inhumane-conditions.

The inhumane conditions of Clint Texas facility, lawyer Warren Binford reveals the horrors she witnessed while touring and inspecting the facility, while children take care of other children by the understaffed facility.

Burnett, John. "Inside The Largest And Most Controversial Shelter For Migrant Children In The U.S." *NPR*, 13 Feb. 2019, www.npr.org/2019/02/13/694138106/inside-the-largest-and-most-controversial-shelter-for-migrant-children-in-the-u.

Homestead the biggest and most controversial "temporarily influx facility" a tour is given to many lawyers and new outlets. Many see the inhumane conditions the kids are being placed under, the facility has little to resources and merely has basic necessities. Lawyers witness traumatized children and the cost of a child per day living at Homestead.

CBS. "Conditions Apparently Better at Recently Squalid Border Detention Center for Kids." *Cbs News*, June 2019, www.cbsnews.com/news/clint-texas-kids-border-detention-center-conditions-apparently-better-recently-squalid/.

How conditions at Clint Texas facility have significantly increased, while others may view how it has remained the same, conditions at Clint Texas facility compared to torture facilities and what Lawyers and immigrant advocates are doing to shut down the facility.

Chotiner, Isaac. "How the Stress of Separation and Detention Changes the Lives of Children." *The New Yorker*, 13 July 2019,

www.newyorker.com/news/q-and-a/how-the-stress-of-separation-and-detention-changes-the-lives-of-children?verso=true.

Jack P. Shonkoff—a professor of pediatrics at Harvard Medical School and a professor of child health and development at the Harvard T. H. Chan School of Public Health and the Harvard Graduate School of Education, talks about the long-term effects of separating children from parents has on younger children

Dickerson, Caitlin. “Detention of Migrant Children Has Skyrocketed to Highest Levels Ever.” *The New York Times*, 12 Sept. 2018, www.nytimes.com/2018/09/12/us/migrant-children-detention.html.

The influx of immigrant children have skyrocketed and have caused overcrowding in migrant shelters who are not prepared to take in thousands of children without proper resources. The statistics and budget to operate a tent city like Tornillo Texas.

Dwyer, Mimi, and Alexander Stockton. “‘You Can't Give a Friend a Hug’: the Alleged Prison-like Conditions at the Largest U.S. Migrant Children's Shelter.” *Vice*, May 2019, www.vice.com/en_us/article/a3xnxz/you-cant-give-a-friend-a-hug-the-alleged-prison-like-conditions-at-the-largest-us-migrant-childrens-shelter.

The cruel and inhumane rules of detention facilities when it comes to comforting or healing within one another. How long children are being detained in the Homestead facility which does not comply with the Flores agreement. And the lawsuit against HHS to release immigrant children to immediate family in the U.S.

Gomez, Alan. “Government Watchdog: Separated Migrant Children Suffered PTSD, Other Mental Trauma.” *USA Today*, 4 Sept. 2019, www.usatoday.com/story/news/nation/2019/09/04/separated-migrant-children-suffered-ptsd-trauma-report-says/2209669001/.

Overview of the report released by HHS General Inspection in regards to immigrant children suffering from psychological and mental traumatic stress disorder under several detention facilities across the nation.

Health and Human Services. “FACT SHEET Unaccompanied Alien Children (UAC) Program .” *Program Development Pg 2*, Sept. 2019, www.hhs.gov/sites/default/files/Unaccompanied-Alien-Children-Program-Fact-Sheet.pdf.

Huennekens, Preston. “Is the Homestead UAC Shelter Actually a Prison?” *CIS.org*, Mar. 2019, cis.org/Huennekens/Homestead-UAC-Shelter-Actually-Prison.

Fact sheet released by HHS in regard to Homestead and the amount of children being received and released from their facility. Statistics on the programs they offer once under the care of their facility as well as program services.

Jodi Berger Cardoso, Kalina Brabeck, Dennis Stinchcomb, Lauren Heidbrink, Olga Acosta Price, Óscar F. Gil-García, Thomas M. Crea & Luis H. Zayas (2017): Integration of unaccompanied migrant youth in the United States: a call for research, *Journal of Ethnic and Migration Studies*, DOI: 10.1080/1369183X.2017.1404261

Kandel, William A. “Unaccompanied Alien Children: An Overview.” *Office of Refugee Resettlement*, 9, Oct. 2019, fas.org/sgp/crs/homesecc/R43599.pdf.

Overview of What the Office of Refugee Resettlement does as well as statistics on the amount of UAC children coming into the country, three of the major detention facilities that are under scrutiny for their prison-like conditions. Legal and past administrations handling UAC children.

Misra, Tanvi. "A Tent City in Tornillo, Texas, Housed Thousands of Migrant Children. Now It's Almost Gone." *Pacific Standard*, Jan. 2019, psmag.com/social-justice/a-tent-city-in-texas-is-seeing-its-final-days.

The end to the Tornillo Tent City and as to why it closed down, the amount of children being transferred to other facilities, as well as possible sponsors. Facility was under the view of the public eye for its insufficient resources and prison-like conditions.

Misra, Tanvi. "Inside Homestead: A Tour of the Florida Camp for Migrant Children." *Roll Call*, 13 Dec. 2019, www.rollcall.com/news/congress/inside-homestead-tour-florida-camp-migrant-children.

Roll Car toured the Homestead Florida camp, give its observations as well as the conditions in this migrant shelter. Rules and regulations children had to obey by on a daily basis.

SEALES, CHANCE. "Unaccompanied Children Crossing Southern Border up 78% in 2016." *Kind*, 23 June 2016, supportkind.org/media/unaccompanied-children-crossing-southern-border-78-2016/.

An informative website on the surge of UAC children, as well as border crossing rise in the year 2016, a reform minded pushback and UAC legal ease.

Timsit, Annabelle. "Science Shows Just How Traumatizing It Is to Separate Kids from Parents at the US-Mexico Border." *Attachment Theory and Parent-Child Separation*, 30 May 2018, qz.com/1289315/attachment-theory-explains-just-how-traumatic-the-white-houses-zero-tolerance-policy-will-be-for-kids/.

Explains the "Attachment theory" and the tragic effects it has on a child, the characteristics that come after a parent-child separation along with other studies of a

child's human development when suffering traumatic events at such a young age and an overview of the zero-tolerance policy.

U.S Department of Health and Human Services. *Care Provider Facilities Described Challenges Addressing Mental Health Needs of Children in HHS Custody*. 3 Sept. 2019, oig.hhs.gov/oei/reports/oei-09-18-00431.asp?utm_source=website&utm_medium=asp&utm_campaign=uac-mental-health-report.

The complete report of the Health and Human Service General Inspector on detention facilities caused stress and trauma to children during the zero-tolerance policy, the scarce resources health clinicians had when treating younger children traumatic events.

Valencia, Nick, and Nicole Chavez. "Here's a Look inside the Controversial Clint, Texas, Facility Where Migrant Children Have Been Detained." *CNN*, 13 July 2019, www.cnn.com/2019/06/26/politics/clint-texas-border-facility-migrant-children/index.html.

The controversial Clint Texas facility in which it is accused of "poor hygiene and poor health conditions, the overcrowding conditions children have to undergo as well as the amount of time they are spending at Clint Texas facility. The unexpected movement of 250 children out of the facility and into new ones.

Valle, Gaby Del. "A Migrant-Teen Shelter Accused of 'Prison-Like' Conditions Is Shutting Down." *Vice*, 28 Oct. 2019, www.vice.com/en_us/article/d3ajgw/a-migrant-teen-shelter-accused-of-prison-like-conditions-is-shutting-down.

Vice News reporting on the second biggest Migrant teen-shelter and the conditions on which teens are subjected to, the closure of the facility due to the inability to fund it. The for-profit facility and roughly how much it cost-taxpayers to keep Homestead running.

Wood, Laura C N. “Impact of Punitive Immigration Policies, Parent-Child Separation and Child Detention on the Mental Health and Development of Children.” *BMJ Paediatrics Open*, Trauma Continuum , 1 Sept. 2018, bmjpaedsopen.bmj.com/content/2/1/e000338.

The article explains the importance of keeping families together, goes in depth on what causes trauma and what causes stress, how child migrant has a detrimental effect on children around the world, a quick recap of illegal immigration and the U.S border and the surge of UAC crossing. The process of recovery and healing as well as resilience to prevent further harm.

Final Synthesis Essay:

Our class shared theme was based on Trauma and Healing, I decided to do my final Research Project on Immigrant children being detained in detention facilities and the traumatic effects it imposes on a child. Within my essay, I describe major issues like the inhumane treatment at detention facilities for many of these UAC, as well as the long-term effects of child separation. I also questioned if our current immigration policy like the zero-tolerance policy were in itself traumatic to immigrant children if the Trump Administration is terrorizing as well as traumatic to the migrant community. I've also managed to differentiate multiple points of view within my sources, giving off two ways to view this topic, for example, Preston Huennekens released an article titled "Is Homestead UAC shelter a prison?". Hunnekens questions the credibility of another journalist who as well as him toured the same facility but had different points of view in regards to how Homestead is being accused of prison-like conditions. One critical question within the essay is after all the traumatic events these children have gone through how do they move forward and heal from their past? And that is by undergoing psychiatric treatment and procedures in order for them to heal and move forward, as well as banning detention facilities.

This Research essay was very time-consuming as well as educational not only did I learn new things but, I learned to work collaboratively with my peers who had a similar topic. We would share information that would correlate with both of our topics, learn new things from one another and benefit from each other's information. I found it a bit hard working independently as

it was tough to find credible and useful information that would fit into my research. Nonetheless, I realized how much scientifically proven evidence there is on traumatizing children in detention facilities, how mother and child separation can be crucial to a child's healthy development and the importance of keeping families together. Independently I learned to value the smallest thing we have because this research essay made me see life from an immigrant child's point of view. It was hard to work and research on my own, as it was time-consuming and some sources were not credible enough.

Through this research I learned how trauma and stress can be caused, even the slightest inconvenience in our life can cause us trauma but nothing compared to what immigrant children are living through every day. The characteristics of trauma and stress and what triggers those characteristics. I realized and learned the three phases to trauma as stated above in this essay, and how children respond to the third phase or in other words severe trauma. The definition behind pre-and in transit trauma and the journey to the U.S can cause one to have mental and psychological trauma. The most important part is the healing process and ways to cope with severe trauma, and although not all detention facilities offer the same services I learned that many do offer a pathway to safe and healthy healing and form those parental bonds that have been broken by our immigration system. Not only do I have a deeper understanding of our capstone theme through my research project but also the reading and presentations that were assigned during our capstone class. These readings gave me an in-depth understanding of childhood trauma with the Indian schools that were built to rip away Native American culture

and assimilate them into western society. Not only does this correlate with my research essay but it helps me understand how and why children think the way they think once they have experienced some sort of traumatic event.

My Senior project meets the published criteria as I have chosen a unique topic based on our theme of Trauma and Healing. I have stated my thesis question by asking, “are our current immigration policies traumatizing these children?. This paper will go in-depth to describe the traumatic effects of the zero-tolerance policy imposed by the Trump Administration, the inhumane treatment at several detention facilities, evidence of the long term effects of child separation, and what we can do to secure our borders while still giving a safe and humane pathway towards asylum for many of these children”. I have researched and stated enough evidence as to inhumane treatment in the detention facilities. I have also scientifically proven with credible pediatric sources the consequences of family separation and the long-term traumatic effects. I have drafted and construed my research essay in MLA format with an Annotated Bibliography to back up my facts and claims within the essay. I have also given different points of view within one of my detention facility paragraphs and argued its main claim. This essay is intended to an adult audience who wish to engage in human pathways to free our children from another realm of traumatic events in the U.S, it is intended to inform and make a change in order to pressure our representatives to change our broken immigration system. But most importantly it is intended to help these children heal from their traumatic past and find a safe haven in this great country.

Yosseline Pacheco
Marina Ca, 93933
(559) 697-8980 ypacheco@csumb.edu

Education

California State University of Monterey Bay
Bachelor's Degree in Human Communications, Concentration in Pre-Law
Expected graduation in 2020

Language: Fluent in both English and Spanish (writing & speaking)

Schwarz Law Group

January 8, 2014 to Current

- Answering phone calls
- Filing papers
- Data Entry
- Organizing materials

Intern for University of Santa Cruz Gear Up- Program

March 5, 2017 to Dec, 15 2018

- Strong communication skills along with leadership skills
- Public speaking
- Ability to work with individuals as well as in groups
- Monitor students academically

Intern for Education of Opportunity

July 14, 2017 to August 14

- Strong communication skills with individuals and groups
- Ability to work collaboratively as well as independently
- Able to lead large groups and small groups in activities

Intern for United Farm Workers foundation

February 2018 - June 2018

- Create client files and edit case notes and draft declarations for citizenship applications
- Conduct and explain intakes for citizenship, public benefits, and U-Visas to clients
- Assist with administrative responsibilities such as organize files, schedule appointments, create and print brochures

Skills:

- Computer: Proficient in excel, microsoft word, Outlook, Quickbase
- Great public speaking skills
- Bilingual and fluent in both spanish and english

