

# Caring Across Communities

## Success Story

Portland Public Schools



## Healing Invisible Wounds

At night, when 11-year-old Khadijo lay in bed, wounds that the daylight hid became painfully apparent. Khadijo would cry as feelings of grief and loss swept over her. Memories of her home in Somalia became entangled with memories of hunger, illness and violence. She was confused by her new home in the U.S., unable to speak English, and baffled by the academic expectations placed on her. Khadijo felt stressed and alone, fighting her fears of vulnerability as she tried desperately not to let on to anyone how afraid she really was.

As a young child in Somalia, Khadijo's father received a refugee Visa to immigrate to the U.S. After he left, her mother led Khadijo, her two older sisters and her younger brother to Kampala, Uganda to escape violence in their homeland and wait for permission to join their father. The four years in Uganda took a terrible toll on the small family, as they endured poverty, hunger and illness in the slums on the outskirts of the city.

In 2005, they received the Visas they so desperately wanted and the family settled together in Portland, Maine. But the wounds of her early childhood haunted Khadijo and she struggled to fit in at her new school. Her family enrolled her in an intensive English as a Second

Language (ESL) program but the demands of the class and her own fears overcame her. Her peers inadvertently triggered outbursts from Khadijo and she had trouble finding socially appropriate ways to address conflict. She was often confrontational, initiating fights with boys and girls alike. Overwhelmed by class, Khadijo became overly involved in her peers' problems and became known as "dramatic."

The school's social worker recognized Khadijo's troubled behaviors and referred her to the onsite, year-round counseling and support services offered by the Robert Wood Johnson Foundation partner, Portland Public Schools' Caring Across Communities program. The Multilingual Center took the lead in offering bilingual, bicultural workers who provided interpretation and translation.

To help her deal with her sense of loss in the immigration process, Khadijo was referred to the Multicultural Program at the Center for Grieving Children. At the Center, Khadijo and 15 of her peers participated in weekly peer support activities to release their common feelings of grief and loss through the arts, peer support and physical outlets. While there, Khadijo acted out a play in which she and other Somali girls dramatized the ill-fated attempts of families trying

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to escape their war-torn homelands in boats which were intercepted by pirates. In their effort to resolve their fear and sense of loss, the girls transformed the pirates into helpers who were compassionate rather than dangerous to the families.

Throughout middle school, Khadijo continued to receive counseling and support at the Center. As her academics and English improved, Khadijo moved from her ESL class into mainstream classes where she received support to help her overcome her fear of math and improve her reading and comprehension. Khadijo also received support for homework and summer school. To guide her each day and help her work through the typical problems every student faces, Khadijo was matched with a volunteer mentor who met with her weekly.

Now in the 8th grade, Khadijo's teachers and counselors describe her as "enthusiastic about learning." She has developed a reputation as a leader among her peers and, even though she still sometimes feels frustrated and a little fearful, she has found socially acceptable ways to express her feelings and ideas. She shows pride in her work, has developed a great sense of humor and loves to write.

The Caring Across Communities project in Portland, Maine creates a critical support network by connecting school and community-based programs with an emphasis on support to

immigrant and refugee children and their families. Through this project, educational seminars are provided to school mental health workers, teachers, and community mental health service providers on cultural competency, and refugee and immigrant issues, as well as cultural healing traditions and practices. It is these transcultural experiences that create the awareness and knowledge base necessary to uncover and heal the invisible wounds within Khadijo, her family and hundreds of others like them.

The Robert Wood Johnson Foundation is supporting Caring Across Communities and its partners, such as Portland Public Schools, to address this need by increasing and improving mental health services for all America's children. Learn more about how programs like Caring Across Communities create innovative solutions for children like Khadijo at: <http://www.healthinschools.org>.

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For more information about the Caring Across Communities national program and related resources visit: <http://healthinschools.org/Immigrant-and-Refugee-Children/Caring-Across-Communities.aspx>

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