

# Refugee Wellness: The Path to Belonging

Lutheran Family Services Rocky Mountains (LFS) is a non-profit agency that was established in 1948. LFS has served refugees in Colorado since 1978, and in New Mexico since 2012. **The Refugee and Asylee Program office in New Mexico has helped more than 600 people build new lives**, and expects to serve more than 275 refugees during fiscal year 2016.

## Refugee:

A person who has fled his/her country due to a well-founded fear of persecution on the basis of race, religion, nationality, or membership in a particular social or political group.



The Refugee Wellness Initiative will provide no-cost, **culturally and linguistically competent therapeutic services to refugees**, train other providers on the unique needs of refugees, and will offer wellness navigation services that connect refugees to the community at-large. These services help refugees overcome trauma, rebuild their lives, and thrive.

**LFS will customize their services based on the way refugees heal in their home countries.** For example, women from the Democratic Republic of Congo find discussing hardship with strangers uncomfortable, which means talk therapy is not a good treatment option. LFS will explore offering group therapy for Congolese women so that they can discuss issues within a trusted group, and receive peer support.

LFS will partner with certified mental health contractors to facilitate group therapy sessions with refugee clients and interpreters to give refugees the access to services in their native languages. **Together, we can ensure that refugee clients have access to all of the services they need in order to guarantee the wrap-around support necessary to navigate any crises they face.**

1 *in*  
122

NUMBER OF PEOPLE IN THE WORLD THAT ARE EITHER A REFUGEE, ASYLUM SEEKER, OR INTERNALLY DISPLACED PERSON.