

Grief and Crisis in Resettled Communities - Resources

Resources collected by Sara Skinner Associates and the Neighbors United Refugee Collaborative. ***Contact for workshops:*** *Sara.Skinner.MPH@gmail.com*

Resources for Providers & Volunteers:

- Archived Webinar: When Grief is Complex: A Trauma-Informed Response to Loss in Newcomer Communities (2026, excellent overview, plus some specifics on Congolese and Afghan culture) by Switchboard TA
- E-Learning Course: Psychological First Aid in Resettlement, Asylum, and Integration Settings (2021) by International Rescue Committee / Switchboard TA
- Archived Webinar: A Trauma-Informed Approach to De-escalation and Crisis Response (2023)
- Archived Webinar: De-escalation in Practice: Strategies for Supporting Newcomers
  Experiencing Crises (2025)
- Islamic Funeral Guide (2-page summary; see FAQ at the end) by Memorial Planning
- Hindu Funeral & Death Rituals (2-page summary; see FAQ at the end) by Memorial Planning
- The Latehomecomer: A Hmong Family Memoir by Kao Kalia Yang (Includes a detailed description of a Hmong funeral in the US)*

Afghan-Specific Resources:

- Info Guide: Supporting Resettled Afghan Children and Adolescents Experiencing Grief-Related Distress (2024)
- Faith-based Healing among Afghan Muslims: Guidance for Refugee Service Providers in the U.S. (4-page guide) by Switchboard
- Tip Sheet: Being Culturally and Trauma-Informed While Assisting Displaced Afghan Families (2022)

*Available at the Boise Public Library and via interlibrary loan throughout the Treasure Valley.

Resources Translated to Other Languages

- Helping Children & Teens with Traumatic Grief - Tips for Caregivers (1-page handouts for each age group; translations into Ukrainian, Russian, Spanish, Arabic, Hebrew) by IRC CARRE
- Coping with Unresolved Grief When a Loved One is Missing (Website available in English, Dari, Pashto, Russian, Spanish & Ukrainian) - by Settle In
- Finding Support During Difficult Times (Website available in English, Dari, Pashto, Russian, Spanish & Ukrainian) - by Settle In
- Coping with Grief and Loss (Website available in English, Dari, Pashto, Russian, Spanish & Ukrainian) - by Settle In
- Video: Coping with Grief and Loss (10-minute video available in English, Ukrainian, Russian, Polish)

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