



# Minutes

## The Refugees and Migrants in Europe – Adolescent and Child Health (REACH) SAG

Chair: Dr. Julia Brandenberger

EAP Winter Meeting 2024

Warwick Hotel, Brussels, Belgium | Friday, 6 December 2024

09:00 - 08:15

### 1. Welcome and Introduction (08:15 - 08:20)

- Dr. Julia Brandenberger opened the session and welcomed all participants.
- Approval of the previous minutes.

### 2. Update on REACH and Mi-CARE Project (08:20 - 08:40)

#### 2.1 Overview of REACH and Vision

- REACH (Refugees and Migrants in Europe – Adolescent and Child Health) aims to ensure equitable healthcare for migrant and refugee children across Europe.
- The Mi-CARE Project, initiated by REACH, focuses on identifying and prioritising unanswered research questions on paediatric migrant health in collaboration with the *James Lind Alliance (JLA)*.

#### 2.2 Mi-CARE Project Methodology

The Mi-CARE project, in collaboration with the **James Lind Alliance (JLA)**, employs a structured, two-phase methodology:

##### Phase 1: Gathering Unanswered Questions

- Launched in **October 2024**, the Europe-wide survey is designed to collect questions related to healthcare for migrant children, adolescents, and families.
- The survey is open until **31 December 2024** and is available in **14 languages** to ensure inclusivity. Participants include children, adolescents, parents, and caregivers with migration experience in Europe, healthcare professionals working with migrant children, and individuals who have both personal migration experience and professional involvement in the healthcare system. To date, over **200 respondents** have contributed **1,200+ questions** across **10+ languages**. These contributions reflect diverse themes, including access to healthcare, trauma, cultural adaptation, and health literacy.



## Phase 2: Prioritisation

- Scheduled for **March 2025**, this phase will include a second Europe-wide survey and a consensus workshop to identify the top 10 priority questions.

### 2.3 Key Findings from the Interim Analysis

- Preliminary results of the first survey were presented by members of the Mi-CARE steering group:
  - **Respondent Demographics:**
    - **Healthcare workers** constituted 49.5% of participants, with significant representation from parents/caregivers (13.6%) and individuals with dual roles (double experts).
    - Geographical coverage included **20 countries of residency** and **33 countries of origin of the migrants**, reflecting broad participation.
  - **Themes Emerging from Responses:**
    - **Access to Healthcare:** Navigating healthcare systems, understanding insurance, and overcoming language barriers.
    - **Trauma and Mental Health:** Addressing the psychological impact of migration on children and adolescents.
    - **Cultural Considerations:** The role of cultural mediators and the importance of culturally sensitive sexual education.
  - The steering group shared specific summary questions extracted from the survey, including:
    - *How does the experience of migration impact the mental and physical health of children?*
    - *What role do cultural mediators play in providing trans-cultural healthcare?*
    - *How can healthcare systems better support trauma care for migrant children?*

### 2.4 Collection of Ideas for Survey Expansion

- **Discussion Focus:**

The group discussed efforts to reach underrepresented populations, including unaccompanied minors, rural families, and non-English-speaking respondents.

Strategies included:

- Sharing the survey through personal networks and EAP communication channels (social media, newsletters).
- Visiting community centres such as mosques, kindergartens, and refugee arrival centres to raise awareness.
- Collaborating with NGOs and healthcare professionals to improve outreach to underserved regions.

Challenges included:



- Difficulty in reaching individuals with limited digital access.
- Language selection issues within the survey, which may have limited participation in non-English responses.

### 3. Next Steps & Future Perspectives (08:40 - 08:45)

- **Steering group members highlighted the need for continued collaboration:**
  - Finalising Phase 1: Continue promoting the survey to achieve a target of 300+ responses by 31 December 2024.
  - Phase 2 Preparation: Launch the second survey in March 2025, followed by a consensus workshop to identify the top 10 research priorities.

#### **An interactive discussion followed, during which delegates:**

- Proposed ideas for improving survey dissemination, such as involving national paediatric societies and community-based organisations.
- Suggested identifying ongoing research projects in paediatric migrant health to explore potential synergies and avoid duplication of efforts.
- Dr. Brandenberger stressed the importance of continued collaboration and encouraged participants to share updates within their professional networks.

### 4. Closing Remarks

- Dr. Julia Brandenberger concluded the session by thanking the participants for their contributions and reinforcing the importance of collective efforts to address paediatric migrant health priorities.

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#### **Key Action Items:**

1. Promote the ongoing Mi-CARE survey to achieve the target of 300+ responses by 31 December 2024.
2. Prepare for the second Europe-wide survey and consensus workshop in March 2025.
3. Strengthen collaboration and share strategies for engaging underrepresented groups.