



Supporting Transition Resilience of Newcomer Groups

Supporting Transition Resilience of Newcomer Groups (STRONG) is an evidence-informed, school-based intervention for newcomer (refugee and immigrant) youth (K-12th grades) to support their transition to a new school and community. STRONG is intended for students experiencing psychological distress or difficulties functioning at home, school or in their community, often related to the adversities and trauma experienced during the transitions of migration and settlement. STRONG is delivered by school mental health clinicians and is comprised of 10 group sessions, one individual student session, and teacher and parent education sessions. Elementary (K-5th grade) and Secondary (6th-12th grade) versions are available.

Core components of STRONG include:

- Resilience Building Skills
- Cultural Identity and Assets
- Understanding and Normalizing Distress
- Cognitive Behavioral Intervention Skills
 - Relaxation
 - Cognitive Coping
 - Exposure
 - Goal Setting
 - Problem Solving
- Journey Narrative
- Peer, Parent, and Educator Support

*“Schools could provide **an ideal setting to implement interventions** to address the mental health needs of refugee children... In disrupted environments, schools are often one of the earlier institutions to be introduced and, throughout the world, most children can attend school... Schools can facilitate **early identification** and provide interventions to **maximize cognitive, emotional and social development.**”*

Tyrer, R. A., & Fazel, M. (2014).
School and community-based interventions for refugee and
asylum seeking children: a systematic review.

STRONG was co-developed with and reviewed by members of the newcomer community and several experts in the fields of education and mental health, with specific expertise in school mental health, adversity and trauma, refugee mental health, and resilience.

STRONG Training

The Center for Safe Supportive Schools (CS3) is offering a free, virtual STRONG training for school and district teams as a pre-conference to the [Annual Conference on Advancing School Mental Health](#)

For more information about this STRONG training contact:
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