

How do we ensure the best possible health and welfare for Ukrainian refugee children and young people seeking a safe place in the Nordic countries?

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Mental health of young refugees

- Across groups in Europe ^[1]:
 - PTSD: 19-53%
 - Depression: 10-33%
 - Anxiety: 9-32%
 - Emotional and behavioural difficulties: 20-35%
- Survey from 2019 among 2,203 internally displaced people fleeing the pro-Russian occupied territories in Ukraine ^[2]:
 - PTSD: 32%
 - Depression: 22%
 - Anxiety: 17%

Resilience and the post-migration environment

- Symptoms **diminish** over time
- The post-migration environment is very important
 - Safety or enduring uncertainty?
 - A sense of belonging or exclusion/discrimination?
 - Adequate support or lack thereof?
 - Inclusion in educational system or dropping out?
 - Dignified living standard or socio-economic deprivation?

1. Provide stability and avoid uncertainty

- Avoid:
 - prolonged waiting times
 - uncertainty about legal status
 - uncertainty about where to live
 - forced relocations

- Stability is the foundation to rebuild their lives



2. Ensure high quality health reception and early support

- Initial health assessment
- Safeguard mental health focus
- Include the whole family
- Introduction to the healthcare system
- Provisions for early support



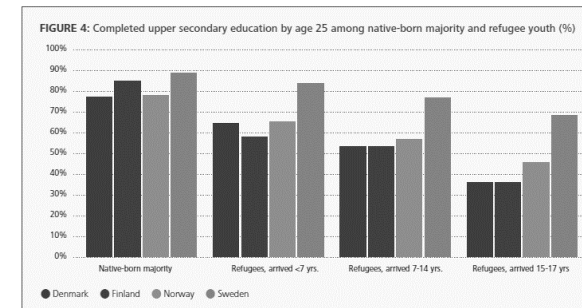
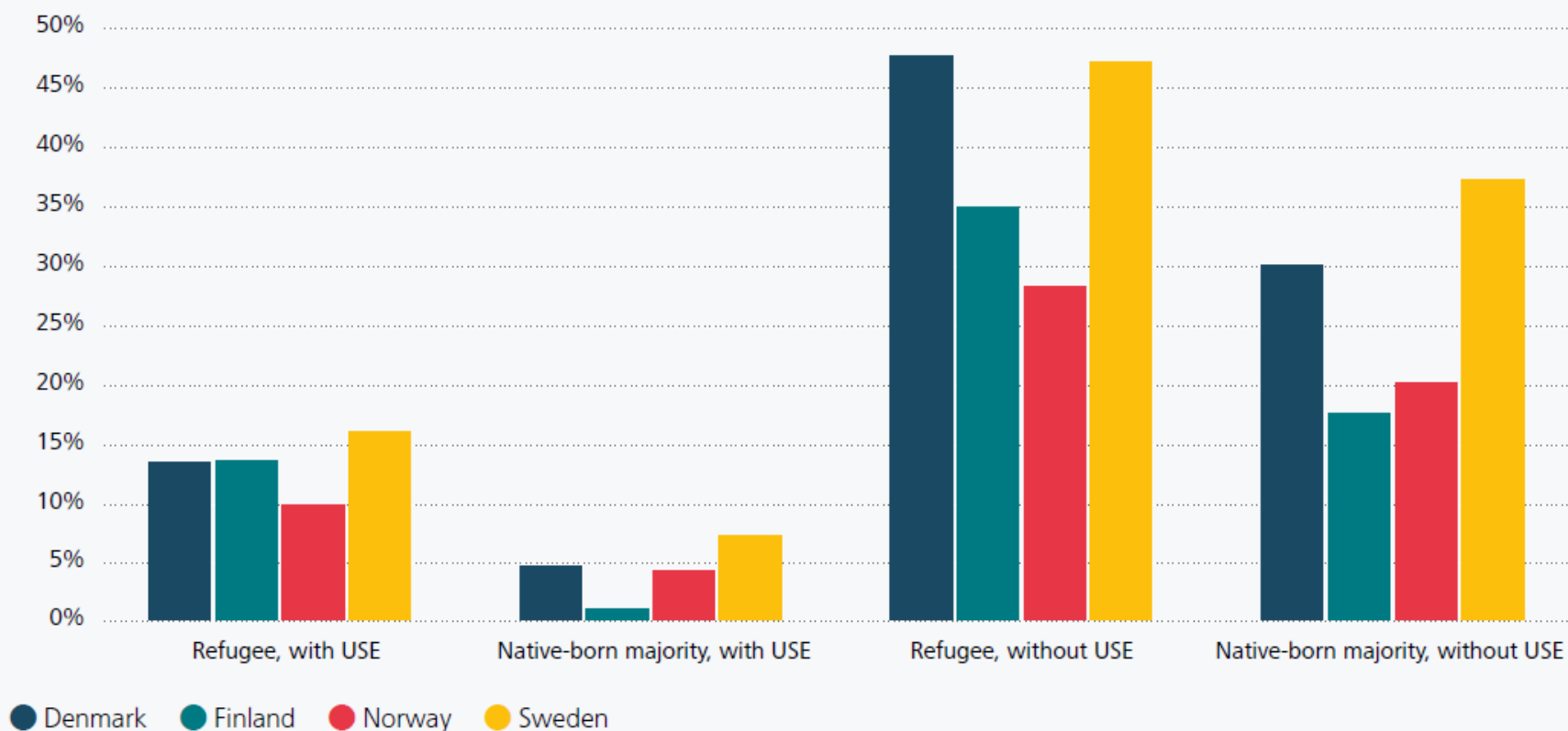
3. Foster a sense of belonging and “refugee-competent” school environments

- Restore normality
- Promote possibilities to make local friends
- Teach local language
- Access to a “refugee-competent” schools
 - Dedicated teachers
 - Support arrangement – resources, training, specialized competences
 - Create a sense of common mission for school and students alike to include refugees, listen to their stories, to build a compassionate environment



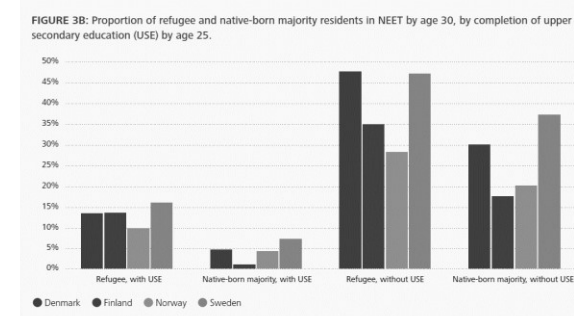
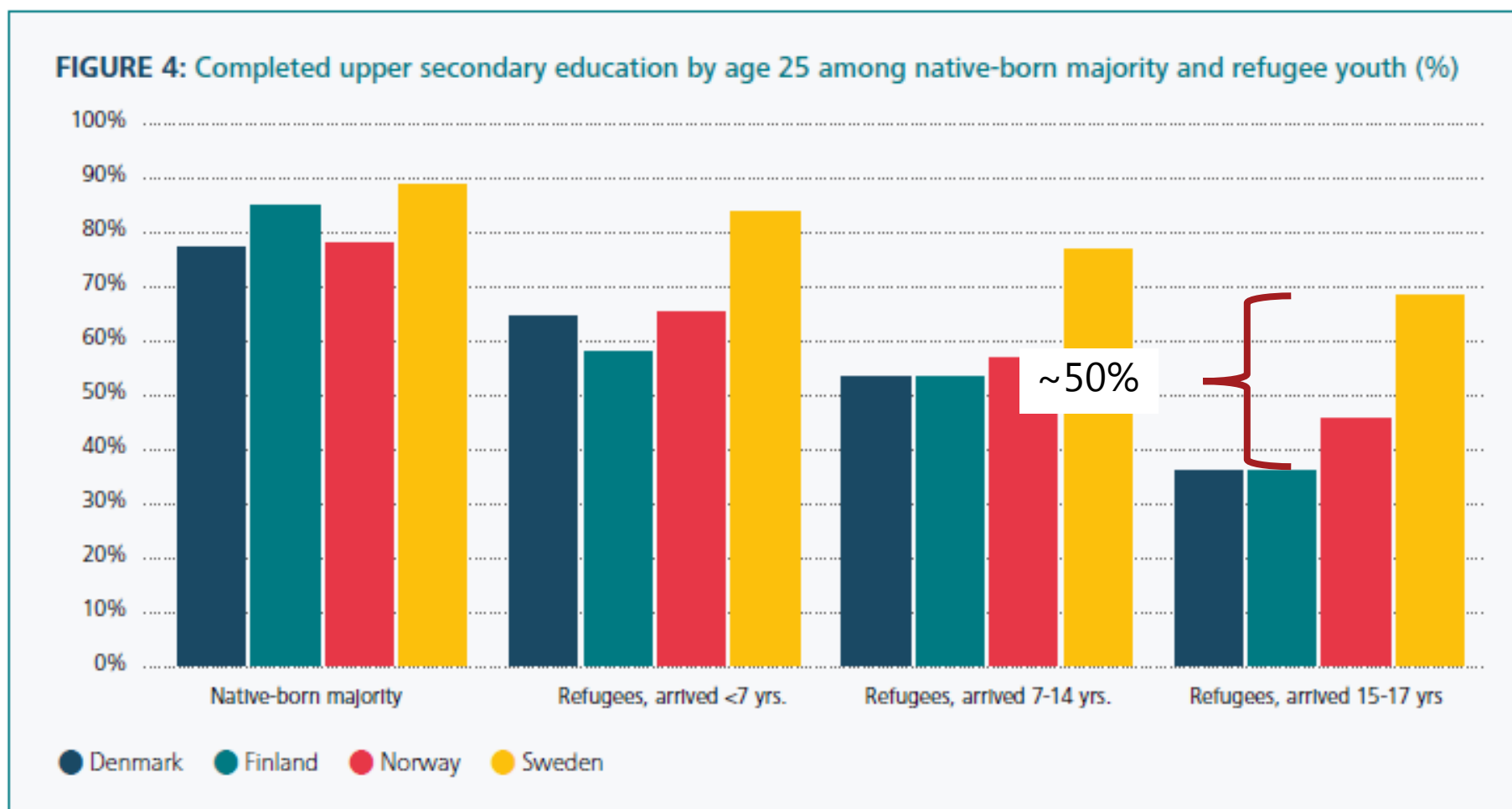
4. Be flexible and work systematically toward the aim of secondary school completion

FIGURE 3B: Proportion of refugee and native-born majority residents in NEET by age 30, by completion of upper secondary education (USE) by age 25.



Source: www.cage.ku.dk

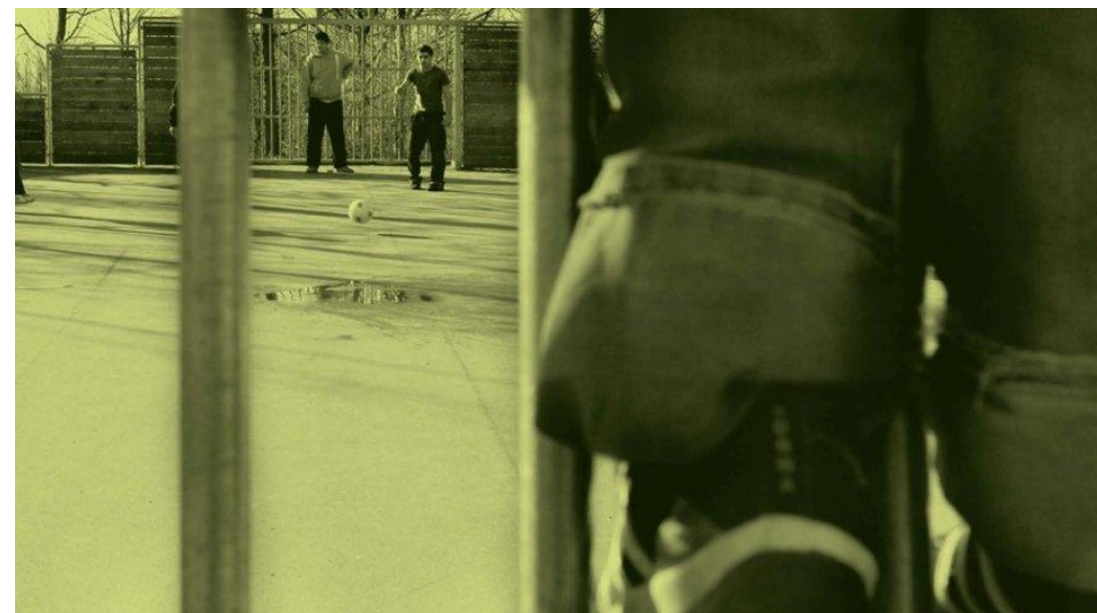
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Source: www.cage.ku.dk

4. Be flexible and work systematically toward the aim of secondary school completion

- Clarity about the aim
- Provide flexible options for education
- Plan for successful transitions and continuous support across educational sectors
- Refugee competent secondary school environments, too!



Thank you

1. PROVIDE STABILITY AND AVOID UNCERTAINTY
2. ENSURE HIGH QUALITY HEALTH RECEPTION
3. FOSTER A SENSE OF BELONGING AND "REFUGEE-COMPETENT" SCHOOL ENVIRONMENTS
4. BE FLEXIBLE AND WORK SYSTEMATICALLY TOWARD THE AIM OF SECONDARY SCHOOL COMPLETION