

LEVEL 1

Safety and Stabilization

1.1	Benefits and services designed to promote safety and ensure basic needs are met including employment, housing, access to healthcare, education.	1.2	Integration of mental health education, trauma-informed care principles and mental health prevention strategies into basic services and benefits.	1.3	Creating a welcoming city and community environment for newly arriving refugees.
Examples	Multiple Office of Refugee Resettlement (ORR) programs including but not limited to Refugee Cash Assistance, Refugee Medical Assistance, Matching Grant, Refugee Support Services, and Preferred Communities.		Programs that promote social connections and adjustment through community and private sponsorship between US citizens and refugees.		

LEVEL 2

Community-based Mental Health Prevention

2.1	Interventions and services delivered in accessible community settings that prevent escalation of symptoms and strengthen protective resources important for coping and adjustment.	2.2	Community-based capacity building to empower communities through education and skill building.	2.3	Coordination and collaboration with local non-profits and municipal governments.
Examples	Family-based mental health programs to improve family processes and functioning.	School based mental health programs to improve socio-emotional functioning amongst youth.	Refugee Mental Health Literacy and Leadership Training to build capacity amongst community leaders to employ trauma-informed practices to address mental health concerns.		

LEVEL 3

Specialized Mental Health Treatment

3.1	Specialized care for those with more serious mental health conditions or families with identified problems.		3.2	Treatment that is specific to mental health disorders once presented and diagnosed.	
Examples	Cognitive behavioral therapy for treatment of PTSD amongst trauma-tized refugees.	Narrative exposure therapy to treat the effects of trauma and anxiety.	Trauma Systems Therapy for Refugees to address core stressors in the social environment and trauma-related emotional dysregulation.	Core clinical competencies needed to deliver culturally responsive and effective therapeutic care.	Psychiatric medications to treat PTSD, depression, anxiety or other conditions.