

EXPLORING THE USE OF TECHNOLOGY FOR SUPPORTING RESILIENCE IN UNACCOMPANIED MIGRANT YOUTH

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METHODS

We interviewed experts, young people and informal caregivers and combined the results of our thematic analysis with the findings of a review of current evidence-based approaches for promoting resilience in unaccompanied migrant youth.

RESULTS / DISCUSSION

The results indicated the importance of the relationship between the young person and informal caregivers, and the need of supporting these informal caregivers (who are non-mental health professionals) to help them promote resilience skills in their mentee. We identified mental health interventions that were offered by experts, but also by the informal caregivers.

CONCLUSION

Technology could assist informal caregivers with the facilitation of mental health interventions for unaccompanied migrant youth. For example, teaching informal caregivers to understand the behavior of the young person and providing informal caregivers with the tools to help the young person to improve their daily routines (for example, sleep hygiene). Therefore, resilience-promoting mental health interventions could be embedded into the everyday life of unaccompanied migrant youth.

