ASYLUM SEEKERS AND MENTAL HEALTH

Experience of Médecins Sans Frontières in the Reception Centres of Ragusa Province, Sicily.

Pina Deiana, psychologist and psychotherapist
MSF-SICILY TEAM
<table>
<thead>
<tr>
<th>SURVIVORS</th>
<th>DEAD</th>
</tr>
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<tbody>
<tr>
<td>2014</td>
<td>170,000</td>
</tr>
<tr>
<td>Until July 2015</td>
<td>84,000</td>
</tr>
</tbody>
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The map shows the locations of migrant landings in various Italian towns and cities.
Survivors of Sahara Desert, Libya, Mediterranean Sea.
**TRAUMATIC EVENT**

Outside of the range of normal human experiences.

It causes impotence, lack of control, anxiety.

Threatens the life of the people.

It can be sudden or the result of a dangerous situation existing for a long time.

**GENERALLY IN A WAR… OR IN A NATURAL DISASTER… OR…**
...DURING MIGRATION
PSYCHOLOGICAL REACTIONS
Depending on all these factors, people may develop psychopathological syndromes or overcome the traumatic event maintaining a good mental balance.
We saw 286 people in small groups in the first 7 months of 2015.
<table>
<thead>
<tr>
<th>Survivors traumatic events</th>
<th>People screened</th>
<th>Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before migration</td>
<td>52%</td>
<td>67%</td>
</tr>
<tr>
<td>During migration</td>
<td>89%</td>
<td>96%</td>
</tr>
<tr>
<td>Torture survivors</td>
<td>28%</td>
<td>51%</td>
</tr>
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</table>
During migration…
All refugees have lost their homes: this is the only thing that all refugees have in common. "Home" plays a protective function of which we do not have awareness. When refugees lose their homes, they lose also the sense of security. This loss creates a lack primary and fundamental, beyond any other loss of which they are aware and which they consciously mourn, imperceptibly takes possession of the refugees.

Director of Masters and PhD programmes in Refugee Care. His most important book: "Therapeutic Care for Refugees: No place like home".
NO PLACE LIKE HOME

Nostalgic disorientation is the consequence of loss of home. This is the specific vulnerability of refugees. It is not a psychiatric disorder!

The loss of “Home” causes a state of disorientation characterized by great sorrow and a deep nostalgia.

“What do you mean by home? Something haven’t to deserve”
Robert Frost *The death of the hired man* - 1955 P.38