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The Experiences and Perspectives of Documented Hispanic Immigrants Dealing With Survivor's Guilt

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Abstract

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MS, Capella University, 2011

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Dissertation Submitted in Partial Fulfillment

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Abstract

Hispanic immigrants are understudied and underserved; this is a population that continues to battle injustices and discriminatory actions due to immigration policy. The Hispanic population struggles with immigration stress and deportation, which contributes to challenges with health and wellbeing and decreased access to support and services. In this study, a generic qualitative design was utilized to explore immigration stress and the experiences of documented Hispanic immigrants dealing with survivor's guilt as it relates to the deportation of their loved ones. Relational cultural theory as used in the study to explore the Hispanic population, their connections, and their disconnections due to deportation. The research question addressed how documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones. A generic qualitative design was used to collect and analyze the data into themes. The sample size consisted of five participants. The criteria included participants at least 18 years of age, documented Hispanic immigrant, fluent in English, and experienced survivor's guilt due to the deportation of a loved one. Inductive analysis was utilized to analyze repeating patterns, and thematic analysis with constant comparison was utilized to analyze and compare data as they were collected. Themes and categories that emerged included family connections, stress of immigration, stress of deportation, dealing with survivor's guilt, death of loved ones, family support, and giving back. This study may change the delivery of culturally sensitive services within organizations. The study adds to the field from a diversity and inclusion perspective, promoting a positive social change.

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Dedication

I dedicate this dissertation to my son, Legend! You are the reason why I am who I am and why I do what I do. I've always set high expectations for myself, but when you came along it was an even greater motivation for me to achieve my goals and more. I love you beyond the moon, son, and I will always be here for you!

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A special thank you to my husband, Greg, for supporting me and for pushing me to achieve my dreams. I want to thank my mother, Rosa; my sisters, Latoya and Alicia; and many more family and friends for always being my support system and cheering me on to keep pushing and to reach my academic goals.

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Chapter 1: Introduction to the Study

According to Brabeck et al. (2020), deportation normally occurs in the context of discrimination, stigma, exploitation, social marginalization, and economic disadvantages. These factors impact the lives of many unauthorized immigrants and mixed-status families in the United States. Ho (2018) noted that documented and undocumented migrant adults who fear deportation are more likely to experience psychological distress, physical health problems, acculturative stress, employment difficulties, and decreased access to services. According to Roblyer et al. (2017), Latina immigrants in new settlement destinations experience elevated depressive symptoms in comparison to nonimmigrant Latinas and the general U.S. population. Factors that influence depressive symptoms include social stress and interpersonal stress (Cervantes et al., 2019). Elevated exposure to psychosocial stressors makes immigrants a vulnerable population, contributing to health disparities (Lopez et al., 2020).

Immigration stress affects undocumented Hispanic immigrants, but also documented Hispanic immigrants (Cano et al., 2017). Immigration stress consists of economic disadvantages, discrimination-related distress, acculturative stress, and other factors that the Hispanic population is forced to face when migrating to the United States (Lopez et al., 2020). According to Estrada-Martinez et al. (2019), researchers continue to explore undocumented Hispanic immigrants and their stressors. However, there is limited research on documented Hispanic immigrants and the obstacles that they face as survivors and struggling with survivor's guilt related to the deportation of their loved ones (Ventour-Ford, 2018). This research is important to the well-being of documented

Hispanic immigrants. The research literature on Hispanic immigrants indicate that human service professionals know that undocumented immigrants struggle with the stressors of immigration. They also know of the struggles of limited access to healthcare services, but they do not know the experiences of documented Hispanic immigrants dealing with survivor's guilt (Ventour-Ford, 2018).

Background

According to Camarota and Zeigler (2015), the U.S. population holds the largest number of immigrants across the world. The immigration of both documented and undocumented immigrants can lead to a multitude of risk factors (Cervantes et al., 2019). According to Asad (2020a), there is a constant state of threat and stress amongst mixed-status families, which consists of documented and undocumented Hispanic immigrants. Many of these families deal with the complications of immigration statuses on a day-to-day basis; the unknowing of when and/or where one may be taken away from one's family is one of the most stressful factors in itself (Espeleta et al., 2020). The number of removals continues to increase, resulting in a high percentage of separation from family members (Ventour-Ford, 2018).

The changes made to federal policies are causing individuals' feelings of safety and security to change among undocumented immigrants as well as families of mixed documentation statuses (Ho, 2018). Over the years beginning in the 1990s until recently, the laws and policies put in place have resulted in record numbers of annual deportations; in the years of the Obama administration, there were approximately 400,000 per year (Department of Homeland Security (DHS), 2013). The number of deportations continued

to increase, reaching the highest level of over 432,000 in a year with the Trump administration, as well as concerns for the immigrants' well-being; this number decreased over the remaining years of Trump's administration (Pew Research Center, 2017).

According to Roller et al. (2017), due to the dynamics of migration and immigration policies, there are limitations to access of social and community resources for the Hispanic population. Migrating to new communities can be stressful because of the lack of culturally and linguistically relevant services to allow integration into the larger community (Zvolensky et al., 2018). How immigrants react to and perceive these communities relates to the behaviors and health of immigrants migrating to these communities (May et al., 2015). This is where acculturative stress becomes a consistent factor in daily life. Acculturative stress involves learning a new language, balancing cultural differences and values, and managing the stress of living as a minority in the majority culture (Zvolensky et al., 2018).

According to Hensel (2017), immigrants refer to deportation as a certain form of death sentence. Experiences of deportation can result in trauma, affecting the relationships of the individuals involved (Brabeck et al., 2020). After deportation, an undocumented immigrant is forced to face many obstacles when returning to their homeland without their family (Hensel, 2017). According to Jordan (2017), relational-cultural theory (RCT) helps in understanding how the power of connection and disconnection between two individuals highly influences lives. Documented immigrants are left behind to face other obstacles and deal with the guilt of surviving legal scrutiny as opposed to their family and friends (Pethania et al., 2018). Understanding how these

immigrants manage grief and depression is imperative to their health and well-being (Estrada-Martinez et al., 2019). Adjusting to their new lives can be challenging, and they will require assistance with appropriately dealing with these stressors (Torres et al., 2018).

Problem Statement

The Hispanic population continues to grow in the United States (Camarota & Zeigler, 2015). There were approximately 42.1 million individuals in the immigrant population in 2015 (Flores et al., 2019). In the United States, there are currently 11 million unauthorized immigrants, many of whom came across the U.S.-Mexico border without the appropriate authorization, and others whose visas expired and fell out of active status (Ho, 2018). According to Roblyer et al. (2017), Hispanic immigrants are understudied and underserved—this is a population in which the psychosocial factors concerning stressors and depression are not well understood. The Hispanic population experiences a higher level of depression symptoms and depression cases than any other population (Cervantes et al., 2016). These stressors are related to factors such as time living in the United States, education, social status, income, social support, family cohesion, undocumented status, and stress (Cervantes et al., 2016).

According to Ventour-Ford (2018), the Latino community continues to face many obstacles and difficulties accessing medical and psychological help; there is limited access to culturally sensitive psychotherapeutic programs. Researchers continue to explore stressors and unforeseen circumstances of undocumented Hispanic immigrants; however, research is limited on the stressors of their documented loved ones (Brabeck et

al., 2020). Survivor's guilt can occur when individuals feel a sense of guilt for surviving a life-threatening or traumatic event (Murray et al., 2021). These individuals may find themselves attempting to make sense of why they survived the event when others did not (Murray et al., 2021).

After the deportation of their loved ones and the obstacles of economic disadvantages, discrimination-related distress, and acculturative stress, the lives of these individuals become overwhelmed as they attempt to live and move forward (Zyolensky, 2018). According to Roblyer et al. (2017), the stress process model states that stressors are not randomly distributed; in other words, stressors are interconnected and conditioned by an individual's social status. Individuals at lower social levels, individuals with limited education, and individuals of color experience higher exposure to stressors and have limited access to resources that would enable successful adaptation to the stressors encountered (Zyolensky, 2018).

Although the aforementioned researchers regarding Hispanic immigrants and deportation stressors illuminated important findings, I found no research that examined documented Hispanic immigrants and their experiences with survivor's guilt as it relates to their deported loved ones**.** Given such, further research is warranted that could examine documented Hispanic immigrants and their experiences with survivor's guilt to address the documented problem of immigration stress (Ventour-Ford, 2018).

Purpose of the Study

A generic qualitative design was utilized to explore immigration stress and the experiences of documented Hispanic immigrants dealing with survivor's guilt as it relates to the deportation of their loved ones. This approach allowed me to investigate and examine the subjective opinions, beliefs, attitudes, and reflections of the participant's experiences with survivor's guilt. Semistructured in-depth interviews helped to deepen the research and helped me to understand the perspectives of the population studied.

Research Questions and Hypotheses

The following research question guided the study: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones?

Theoretical/Conceptual Framework

RCT was developed in 1978 by four counselors: Jean Baker Miller, a psychiatrist; and Irene Stiver, Janet Surrey, and Judith V. Jordan, psychologists who worked collaboratively to discover and change theory (Jordan, 2017). RCT introduced a new perspective for thinking of human nature that includes growth based on mutuality (Kress et al., 2018). The core of RCT that informs relational dynamics is based on mutual empathy, involving the response and empathetic attunement of two people (Dipre & Luke, 2020). Mutual relationships contribute to the growth and well-being of both individuals. When this connection is lost, the disconnection can create distress, suffering, and a decrease in well-being (Kress et al., 2018). The theory is centered on culture and connection. RCT emphasizes that political and social values can inform theories of

human psychology; this includes autonomy and those that validate separation (Jordan, 2017).

RCT was utilized in the study to explore and understand the connection between relationships and interpersonal growth. RCT emphasizes how culture and connection contribute to the strengths and weaknesses of personal growth (Byers et al., 2020). RCT explores interconnectedness, the inevitability of people's needs for one another, and what happens when there is a disconnection (Jordan, 2017). The theoretical framework helped in exploring how deportation can create isolation, disempowerment, and chronic disconnections for individuals. RCT guided the investigation on understanding how documented Hispanic immigrants develop a sense of survivor's guilt due to the deportation of their loved ones.

Nature of the Study

A generic qualitative deign was utilized to explore the experiences of documented Hispanic immigrants dealing with survivor's guilt. This approach focuses on how individuals interpret their own experiences, how they construct their worlds, and how they attribute meaning to their experiences (Clarke, 2022). In qualitative research, the researcher is considered one of the main instruments; this allows the researcher to explore the underpinnings of a variety of criteria (Levitt et al., 2021). Interviewing and observations are critical factors within qualitative research, which allows the researcher to interpret and analyze interviews and observations (Shaw et al., 2019). Qualitative research embraces different disciplines, paradigms, and epistemologies; it influences

multiple standards of quality, including validity, credibility, rigor, and trustworthiness (Clarke, 2022).

The collection of data took place at The Carol Hoefener Center business center in Charlotte, NC or by Zoom video, based on the participant's preferences. During the initial contact with the participants, I first reviewed informed consent before proceeding to the interview questions. I ensured that the participants fully understood their rights as participants and asked questions as needed throughout the research process. I also reviewed self-disclosure thoroughly as to the content, timing, and intentions of the discloser (Halling et al., 2020). I utilized semistructured interviews to collect data; the interviews were audiotaped and ranged from 30 to 90 minutes I took notes during the interview process; this helped with organizing, transcribing, coding, and analyzing the data. Interviewing and observations are critical factors within qualitative research, which allows the researcher to interpret and analyze interviews and observations (Tomaszewski et al., 2020). According to Bergen (2018), due to cultural and language barriers, interpretation challenges may arise. Therefore, I provided interpretation services to help assist and interpret for participants who spoke limited to no English.

This study used a purposeful sampling procedure that I believed would maximize the possibilities of collecting the data. Purposeful sampling focuses on selecting participants according to the researcher's purpose and criteria determined by the researcher, but it is also guided by the unfolding theorizing (Farrugia, 2019). I purposefully selected documented Hispanic immigrants who had dealt with survivor's guilt. The sample size was based on saturation. Collecting data from participants through

semistructured interviews can provide sufficient information to explore a topic and reach thematic saturation (Buckley, 2022).

The participants were screened by phone to ensure that they met the criteria for the study. During the initial phone conversation, I asked questions about age, gender, ethnicity, and documentation status to ensure that the participants met the criteria to be approved to participate in the study. Obtaining sufficient information is critical to the data collection process, meaning the sampling process is imperative to recruit the right individuals to participate in a study (Hennink & Kaiser, 2022).

A generic qualitative data collection process seeks information from a sample of people regarding their experiences or real-world events (Clarke, 2022). I utilized inductive analysis (IA) to analyze data from each participant. IA does not involve an attempt to fit data into pre-existing categories; the researcher interprets meanings and patterns as the interview process moves along (Owens et al., 2022). Thematic analysis with constant comparison (CC) was used to analyze and compare the data as they were collected. Using a thematic analysis process allowed me to move back and forth, comparing current data to previously collected data (Mackieson et al., 2019). Thematic analysis is a useful method, as it is flexible and provides rich, detailed, and complex data that can generate well-structured, trustworthy, and credible data (Roberts et al., 2019).

Definitions

Acculturative stress refers to a process of adapting socially, psychologically, and culturally to a new environment (Vargas et al., 2018)

Economic disadvantages refer to factors such as an individual's employment status, low income, and government assistance (Fernández-Esquer et al., 2019).

Enculturation refers to the process of acquiring values, norms, customs, and rules to be a part of society (Espeleta et al., 2019).

Immigrant stress refers to distress and psychological strain in response to the challenges individuals face with immigration (Cervantes et al., 2019).

Interpersonal stress refers to stressful episodes that involve arguments, attitudes, negative behaviors, and concern for hurting others' feelings (Smith & Kerpelman, 2022).

A *mixed-status family* is a household of individuals with some individuals holding legal documentation status and others holding undocumented status (Whitehead et al., 2020).

Psychological distress refers to an emotional state that involves suffering from associated stressors and demands of day-to-day living (Flores et al., 2019).

Psychosocial stressors refer to the result of a cognitive state associated with the demands placed on an individual and their ability to cope with it (Olguin-Alguirre et al., 2022).

Social marginalization refers to the social disadvantages of groups of individuals experiencing discrimination and exclusion due to inequality across social, political, economic, and cultural levels (Orta et al., 2019).

Survivor's guilt refers to the reaction of guilt an individual experiences after surviving a traumatic event or a life-threatening situation (Pethania et al., 2018).

Assumptions

One of the assumptions of the study was that the participants would answer the interview questions honestly and truthfully. Some of the factors that may have affected the participants' responses were their willingness to be open and disclose their personal experiences, their trust in the researcher, and being apprehensive regarding the topic in general. According to Pedroza (2019), immigrants may be apprehensive when discussing the topic of deportation. Another assumption was based on the inclusion criteria; utilizing purposive sampling assured that all participants had experienced a similar phenomenon of the study. Inclusion criteria involve a critical process that helps to minimize response bias, which is the tendency for participants to inaccurately respond to questions (Connelly, 2020). Another assumption was that participants were sincerely interested in participating in the study. Some individuals may have had motives for their interest in participating in the study (Julian McFarlane et al., 2022), including adding to their resume, impressing a supervisor, or enhancing a course grade.

Scope and Delimitations

The focus of this study was exploring the lives of documented Hispanic immigrants dealing with survivor's guilt to receive a better understanding of their struggles with immigration stress. The scope of the study focused on the relationship between the participants and their deported loved ones, to examine how separation and disconnection impacted the lives of the participants. Exploring immigration stress can help to examine discrimination, stigma, exploitation, social marginalization, and economic disadvantages (Lopez et al., 2020). Among these factors, immigrants also

experience acculturative stress, which highly influences their health and well-being (Vargas et al., 2018). Previous research has examined valuable information regarding undocumented immigrants and the stress and depression they have experienced due to immigration and deportation (Roblyer et al., 2017). This study adds to the importance of understanding immigration stress as it relates to undocumented as well as documented Hispanic immigrants.

I utilized purposive sampling to recruit participants for the study. The participants were recruited from community services such as Camino Community Center, Latin American Women's Association Community Center, and Latin American Coalition, as well as by word of mouth. The potential participants was screened by phone and eliminated if required criteria were not met: (a) be a Hispanic immigrant 18 years of age or older, (b) holds documented legal status, (c) have a deported loved one, and (d) have experienced survivor's guilt.

Limitations

Limitations of qualitative research include sample size, the research quality being highly dependent on the researcher's skills, and the difficulty of demonstrating, assessing, and maintaining rigor (Roberts et al., 2019). The researcher is the primary instrument in the study; therefore, the researcher must be knowledgeable and well trained to conduct the study properly (Yoon & Uliassi, 2022). According to Roberts et al. (2019), qualitative research has been criticized as small scale, anecdotal, biased, and lacking rigor; however, when the researcher carries the methods out properly, the research is in-depth, reliable, valid, credible, unbiased, and rigorous.

The study involved a vulnerable population that might have been hesitant to disclose personal information regarding themselves and their family. There was a cultural difference that could have interfered with the researcher–participant relationship. I sought to build rapport with the participants and utilize cultural-competency skills to build and guide the relationship and research process. Due to the possibility of experiencing difficulties collecting data during the pandemic. I provided the choice of in-person as well as by-phone interviews to collect the data.

Significance

Significance to Practice

The significance of this study involved exploring the experiences of documented Hispanic immigrants dealing with survivor's guilt, to understand their mental health. An improved understanding of Hispanic immigrants will contribute to developing culturally sensitive services to help cope with immigration stress. The goal is for participants to utilize the resources and information obtained from the research to make changes for their well-being. Additionally, helping professionals (therapists, psychologists, psychiatrists, and social workers) will understand how to approach the Hispanic population in a culturally sensitive and effective manner. An important part of therapy is helping individuals acknowledge the potential to foster growth and positive change (Jordan, 2017).

The department of social services (DSS) in any county will benefit from this research to provide culturally sensitive services. The North Carolina Department of Health and Human Services (https://www.ncdhhs.gov) provides welfare, social work,

public education, infrastructure, universal health care, police, fire services, public transportation, and public housing food banks and more to the community. The committee for Hispanic Families and Children (CHFC) will benefit from this research providing an understanding of Hispanic culture and creating culturally sensitive practices. CHFC was developed to improve the quality of life for Hispanic families and children through early care and education, a family childcare network, youth development, policy and advocacy, and community empowerment (https://www.chcfinc.org).

Significance to Theory

The process of migration, along with other adaptation stressors, can cause significant strain and stress within a family unit (Whitehead et al., 2020). In some families, there are mixed-status issues involving undocumented individuals that may cause conflict and role disruptions (Flores et al., 2019). Therefore, documented Hispanic immigrants face challenges and stressors in dealing with their undocumented family and friends. Due to the United States being an anti-immigrant state and the municipal policies and the aggressiveness of federal immigration enforcement, there is a significant strain on the Hispanic population (Cervantes et al., 2019). I looked specifically at documented Hispanic immigrants and how they describe their experiences dealing with survivor's guilt in relation to their undocumented family and friends. Exploring this topic helped in understanding immigration stress, acculturative stress, the effects of separation due to deportation, and the needs of the individuals experiencing survivor's guilt.

Significance to Social Change

This study may enhance the knowledge of professionals in the social science field, allowing them to advocate and be a voice for the Hispanic population. This research can benefit human service agencies and government agencies such as departments of social services, mental health agencies, hospitals, and community support services. The research will improve diversity and inclusion within programs and organizations. The study will promote social change by providing services and support resources for the Hispanic population.

Summary

This study explored the experiences and perspectives of documented Hispanic immigrants dealing with survivor's guilt in relation to their deported loved ones, as well as the effects of immigration stress. RCT was used to understand the connections and disconnections between the documented immigrants and their undocumented loved ones who had been deported. I utilized a qualitative generic research design to guide the study. I used purposive sampling to recruit participants. There were semistructured interviews to collect the data. IA and thematic analysis with CC were used to analyze the data during the data collection process. The research was used to understand the experiences of documented Hispanic immigrants dealing with survivor's guilt as well as to receive a better understanding of immigration stress. The information collected was used to develop culturally sensitive practices for the Hispanic population. It will also help to enhance social and community services provided within the community.

Chapter 2 will provide research on current literature on immigration stress, acculturative stress, RCT, deportation, and social supports. The information from the review will also be used in exploring underlying factors that contribute to stress and depression such as discrimination, stigma, exploitation, social marginalization, and economic disadvantages.

Chapter 2: Literature Review

Hispanic immigrants are understudied and an underserved population in which many stressors are related to immigration (Roblyer et al., 2017). Undocumented Hispanic immigrants continue to be studied, while there are limited studies on documented Hispanic immigrants (Rojas et al., 2016). The stressors experienced by the Hispanic population include but are not limited to economic disadvantages, discrimination-related distress, acculturative stress, and deportation (Ramos-Sanchez, 2020). The purpose of this study was to utilize a qualitative generic design to explore immigration stress and the experiences of documented Hispanic immigrants dealing with survivor's guilt as it relates to the deportation of their loved ones. Deportation affects the family environment in many ways, including family separation, economic hardship, instability with housing, food insecurity, and overall health and well-being (Rojas-Flores et al., 2017). RCT helped to guide the understanding of how deportation disconnects individuals from love, connection, community, and inclusion (Jordan, 2017).

In Chapter 2, the literature review, there will be a summary of the literature search strategy and further exploration of the theoretical foundation. The literature review will include past and current studies, addressing the issue of immigration stress and deportation. Major sections will address Hispanic immigrants, immigration stress, acculturative stress, deportation, and separation from families.

Literature Search Strategy

The following databases were used to review the current literature: Academic Search Complete, PsycArticles, PsycInfo, Web of Science, JSTOR, EBSCO, ERIC,

DOAJ, and Dissertations and Theses @Walden University. Keywords for the searches included *deportation*, *detention and deportation*, *Hispanic immigrants*, *documented Hispanic immigrants*, *immigration stress*, *discrimination*, *sociocultural stress*, *psychosocial stressors*, *acculturative stress*, *survivor's guilt*, *immigration policies and procedures*, *relational-cultural theory*, and *Hispanics and social support.* I used the databases Academic Search Complete, PsycArticles, PsycInfo, and Dissertations and Theses @Walden University to locate articles using the terms *Hispanic immigrants*, *documented Hispanic immigrants*, *immigration stress*, *sociocultural stress*, *psychosocial stressors*, *acculturative stress*, and *relational-cultural theory*. I used the databases Web of Science, JSTOR, EBSCO, ERIC, and DOAJ to find articles using the following terms: *discrimination*, *survivor's guilt*, *immigration policies and procedures*, and *Hispanics and social support.* I searched authors including Jordan, Miller, Stiver, Surrey, Hartling, Banks, Walker, Price, and Duffey to locate articles related to *relational-cultural theory*.

Theoretical Foundation

RCT was used in the study to explore the Hispanic population and members' connections in relationships, as well as disconnections due to deportation. RCT focuses on how individuals create mutual growth fostering relationships and the power that culture and connections have within these relationships (Comstock et al., 2011). Dr. Jean Baker Miller, one of the founders of RCT, felt that the theory offered a new understanding of human development, that fostering relationships is a human necessity; when these relationships are disconnected, psychological problems arise (Jordan, 2017). Alvarez and Lazzari (2016) stated that individuals long for connection and growth in

relationships. This connection and growth allow individuals to develop confidence, courage, and a sense of strength (Jordan et al., 2004). Jordan (2017) described RCT as being a part of survival because individuals feel the need for connection.

Disconnections tend to hurt people, families, and the community (Lenz, 2016). Jordan (2017) stated that RCT emphasizes the impact of power imbalances in individuals' lives—how people have the power to move one another, to influence change personally and communally, and how to be disempowered is to be cast out. Having such strong connections is powerful, and when these connections are abruptly disconnected, it generates disempowerment, destruction, and human suffering (Kress et al., 2018). This framework created a foundation for the study to understand participants' perspectives and their experiences dealing with immigration stress and survivors' guilt due to the deportation of their loved ones. When individuals are separated and disconnected due to deportation, stressors affect the family individually and as a whole (Ruiz, 2005).

RCT can be used as a model to understand Hispanic values and culture as it relates to the challenges that Latina immigrants face (Ruiz, 2013). Byers et al. (2020) stated that RCT focuses on the development of self in relation to others. Ruiz (2005) utilized RCT to understand the impact of culture on personality development in the Hispanic population. RCT emphasizes the need for understanding the importance of an individual's ability to participate in relationships (Byers et al., 2020). Ruiz provided information on RCT as being a culturally relevant model to help understand Latino culture, because of its similar emphasis on relationships, collaboration, interdependence, and respect (Ruiz, 2013). The background on the concepts of RCT is mutuality,

connections, growth-fostering relationships, power, and self-boundaries (Ruiz, 2015). According to Byers et al. (2020), RCT helps to build awareness of oppressed voices being excluded in knowledge building. Latino immigrants experience challenges associated with cultural and sociopolitical factors that increase their risks of condemned isolation and disconnections (Ruiz, 2013). Some of the challenges include undocumented legal status, discrimination, unemployment, poverty, lack of healthcare, language barriers, and acculturation.

The role of cultural values shapes an individual's thoughts and behaviors (Ruiz, 2005). According to Irvine et al. (2021), RCT identifies various realities within a relationship; it allows the perspectives and unique experiences of individuals to be acknowledged within the cultural and social subsystems in which they are embedded. Hispanics come from a more collectivistic culture, in which they work together as a group to help benefit one another and grow, which is different from the individualistic culture of the United States, in which there is greater emphasis on competition and individual achievement (Ruiz, 2005). The Hispanic culture encourages individuals to develop and maintain harmonious relationships (Ruiz, 2013). These relationships are centered on connection, empowerment, and authenticity that differentiates relational patterns and meaningful development of self and relationships with others (Lertora et al., 2020). The growth of these relationships creates a foundation where these individuals are willing to sacrifice their own needs for one another and for the good of the group (Ruiz, 2005). On the contrary, isolation can be perceived as a significant form of suffering (Bradley et al., 2019). Immigration and acculturation challenges can lead to major

disconnections for immigrants (Ruiz, 2005). Unaddressed ruptures in relationships can lead to shame, withdrawal, and disempowerment (Dipre & Luke, 2020). RCT can help in assessing the roles of cultural and sociopolitical factors, influencing the understanding of what contributes to an individual's experience of disconnection (Ruiz, 2013).

There is significance for Latino cultural values in the context of RCT (Blancero & Cotton-Nessler, 2017). Latinos have different cultural values than other racial-ethnic groups in the United States, considering the strong emphasis put on collectivism in the Latino culture (Blancero & Cotton-Nessler, 2017). RCT proposes a strong connection, rather than separation and individuation (Trepal & Duffey, 2016). Key cultural values influence mentoring relationships with Latinos, but there may be a different structure for non-Latinos (Blancero & Cotton-Nessler, 2017). There may be potential for RCT to depict the experiences of individuals across populations (Lenz, 2016).

RCT can be applied to psychotherapy treatment, specifically to cultural values and expectations of most Hispanic populations in the United States (Gonzalez, 2014). RCT has become mainstream in the counseling arena (Duffey & Somody, 2011). Gonzalez (2014) provided informative details of the challenges that graduate clinical social work students and clinical practitioners face when providing psychosocial care to the Hispanic population. These challenges include marginalization, issues relating to diversity, and powerlessness affecting the psychosocial development and functioning of these individuals (Gonzalez, 2014). During the therapeutic process, as these individuals utilize RCT to work on unproductive patterns of experiencing these challenges through therapeutic relations, they will experience growth (Duffey & Somody, 2011). Clinical

practices can address these issues through training and education on cultural awareness and cultural sensitivity (Gonzalez, 2014).

RCT helps in examining the potential and power of a positive relationship (Jordan, 2017). According to Lenz (2016), RCT promotes healthy relationships as a product of participation in authentic connections. The current study explored the dynamics of connections and disconnections of relationships between individuals and their loved ones in relation to deportation. The abrupt disconnection due to deportation was explored to help understand the perspectives and experiences of documented Hispanic immigrants losing their connection to their loved ones. RCT focuses on the importance of understanding the experiences of individuals and groups, particularly those marginalized due to imbalances of privilege and power (Duffey & Somody, 2011).

Literature Review Related to Key Concepts and/or Variables

Hispanic Immigrants

A marginalized population, Hispanic immigrants continue to migrate to the United States in an attempt to find a better life for their families (Ramos-Sanchez, 2020). Immigration policy continues to grow more restrictive, making migrating to the United States more difficult (Cobb et al., 2017). The impact of immigration stress and marginalization causes psychological and psychosocial issues (Bridges et al., 2021). Immigration policy and increased deportations intensify the stressors that immigrants endure (Cobb et al., 2017). Immigrant status is a major concern and can be detrimental to the family unit (Ramos-Sanchez, 2020). Undocumented and documented Hispanic immigrants face the fear of deportation; undocumented immigrants fear for themselves as

well as the well-being of their families, and documented immigrants fear separation from their loved ones and loss of their ability to survive due to the absence of the deported family member (Arbona & Olvera, 2009).

Economic hardship is a major reason for immigrants to migrate to the United States (Belknap, 2016). Many of these individuals sought migration to have better work opportunities, reconnect with family, and escape violence (Belknap, 2016). Others migrated seeking a sense of belonging and community (Bridges et al., 2021). The many fears linked with migration, specifically detention and deportation, are only half of what immigrants fear during their journey (Belknap, 2016). Hispanic immigrants have experienced physical and sexual violence, separation from family members, and other misconduct; these offenses are usually committed by local police and U.S. Border Patrol (Danielson, 2013). Danielson further explained how these situations can cause these individuals to be traumatized, leading to psychological, emotional, and physical detriments.

Immigration Policy

Navigating the immigration system in the United States can be an almost impossible task (Lastres, 2020). During the Trump administration, there were dozens of changes made to the immigration system to deter immigrants from entering the United States or even prevent immigrants from obtaining lawful status (Shaw & Edga, 2020). Since 1968, due to international and U.S. laws, immigrants presenting with fear of returning to their home country must be given the chance to present an asylum case (Lastres, 2020). Lastres (2020) also presented that the Trump administration developed

the “Remain in Mexico” policy, which prevents immigrants fearing to return to their country from entering the United States and applying for asylum. This leads to the issues of detention camps for immigrants. Instead of being turned away, these individuals are held in detention camps and separated from their children and families, likely causing trauma for the family (Arya, 2020).

Unfortunately, immigrant migration to the United States is a difficult task in itself. Some experience accidents, violence, kidnappings, mutilations, extortions, and deaths; their arrival and being forced into detention camps can cause even more challenges and risks (Olayo-Mendez et al., 2014). Immigrants have experienced unique risk factors and stressors before and after migrating to the United States (Olayo-Mendez et al., 2014).

The greater exposure to these stressors during migration suggests elevated risks for developing psychiatric disorders (Bridges et al., 2021). Although the United States is not responsible for the risks and stressors of immigrants before arriving at the U.S. border, there should be laws, regulations, and policies to help prevent the mistreatment of, discrimination against, and dehumanization of these individuals (Olayo-Mendez et al., 2014).

Data from a Behavioral Risk Factor Surveillance System survey administered from 2014–2018 indicated a relationship between aggressive enforcement of anti-immigration policies and mental health among the Hispanic population in the United States before and after major national immigration policy changes (Bruzelius & Baum, (2019). Understanding local immigration enforcement policies and how they affect the use of health services among Hispanics is imperative (Rhodes et al., 2015). There is a

significant association between the state's immigration arrest rate during the postpolicy period and mental health morbidity outcomes (Bruzelius & Baum, 2019). Worsening of mental health among the Hispanic population is associated with increased arrest rates concerning numerous restrictive immigration policies (Bruzelius & Baum, 2019).

Hispanic individuals experience inadequate care when compared to non-Hispanics/Latinos (Rhodes et al., 2015). The Hispanic population reported avoiding health services, sacrificing their health as well as that of their family members, due to severe mistrust of health services (Rhodes et al., 2015). Immigrants struggle with the fear of racism, social injustices, political polarization, and sociocultural trauma (Tummala-Narra, 2019). The struggles confirm the increased need for interventions and change in immigration policy to help Hispanics understand their rights and eligibility to utilize health services (Rhodes et al., 2015).

Immigration policy took a major turn during the Trump administration (Hassett-Walker, 2019). President Trump's changes to immigration policy created extreme turmoil in the lives of many Hispanic people, separating thousands of young children from their parents and families (Hassett-Walker, 2019). The zero-tolerance policy enforced by Trump constituted a criminal offense rather than a civil offense for undocumented immigrants entering the country, promoting severe implications (Ramos-Sanchez, 2020). The Trump administration requested long-term detention for children entering the United States illegally; there were missed court-ordered dates to reunite children with their parents (Hassett-Walker, 2019). In immigration court, these families would have the opportunity to plead their case to remain in the United States; however, in criminal court,

they would not have the opportunity (Ramos-Sanchez, 2020). Trump's restrictive approach to immigration policy produced negative impacts on the Hispanic/Latino population, causing anxiety for many (Hassett-Walker, 2019).

The effect of deportation impacts individuals, families, and communities. The strain of family separation due to deportation has negative consequences (Langhout et al., 2018). Even if families are reunited, they continue to suffer from the consequences of forced separation (Brabeck et al., 2012). Immigration raids and deportations cause the broader community to suffer (Langhout et al., 2018). Fear and mistrust increase among community members, influencing less participation in community engagements such as cultural activities, church, school, social services, and health clinics, and individuals are less likely to report a crime to law officials (Martinez et al., 2015).

Two of the U.S. policies and procedures that have changed markedly are the Illegal Immigrant Reform and Immigrant Responsibility Act and the Antiterrorism and Effective Death Penalty Act (Langhout et al., 2018). Both acts, passed in 1996, expanded the types of offenses for deportation, weakened judicial review over deportations, and enabled retroactive deportation (Brabeck et al., 2012). In 2001, the USA Patriot Act also impacted change (Brabeck et al., 2012). Resulting changes increased massive deportations, including deportations of individuals who had lived in the United States for over a decade (Martinez et al., 2015). A growing number of these immigrants were parents of U.S. citizen children (Dreby, 2012).

Major changes in immigration policy have deterred the U.S. goal of post-World War II immigration policy, which is the reunification of families (Hagan et al., 2010).

According to Mathema (2017), approximately 10% of the U.S. families with children reside with at least one family member who does not have authorized legal status. The policies and procedures of deportation influence a larger percentage of U.S. citizens by association (Mathema, 2017). This forcible separation of family members is associated with negative psychosocial effects on children and families (Vargas, 2015).

Culture

Since the early 1990s, the United States has experienced a significant increase in immigration (Kaba, 2008). The Hispanic population is the fastest-growing minority group in the United States (Vaeth et al., 2016). One factor that has caused a major increase in immigration to the United States is culture (Kaba, 2008). Culture explains the role of the factors causing the increase such as pressure from Human Rights organizations, reliable and cheap labor force, and economic hardships in their country (Bekteshi & Kang, 2020). In the Hispanic culture, work ethic is strong as well as family values (Bridges et al., 2021). This influences individuals to work hard to provide for their families. The Hispanic population can sometimes face many challenges in the workforce relating to discrimination and prejudice (Perez et al., 2008).

Integrating cultures can ultimately influence the family dynamic (Gonzalez & Méndez-Pounds, 2018). Immigration changes the family dynamic by adjusting and incorporating the new culture while maintaining aspects of their native culture (Cobb & Xie, 2014). In the Hispanic culture, family interconnectedness, honor, and reciprocity serve as the primary goals (Rojas et al., 2016). These cultural values tend to shape an individual's interpretation of the world, while threats to those values through challenging

aspects of the same value may lead to distress (Cervantes et al., 2019). In the Hispanic culture, the family plays a central role in daily life, influencing unity, cooperation, and loyalty (Rojas et al., 2016). Familismo is a Hispanic cultural value that emphasizes each of the roles that the family play (Montoro & Ceballo, 2021). Some of the themes that emerge from the ambivalence of familismo are give and take negative change and forced shifts (Rojas et al., 2016). Give and take, allows Hispanic families to recognize the hardship associated with migration and how it is essential to a better future for their families. Negative change refers to the difficulties families may experience in the pursuit of building a better future for their families. Forced shifts represent the need to adapt to new culturally idealized family roles and responsibilities to survive daily in a new country (Rojas et al., 2016).

Although a collectivist orientation is central to the Hispanic culture, this can sometimes be difficult when parents migrate to the United States leaving their children behind (Bekteshi & Kang, 2020). Also, difficulties may develop during the migration process and assimilation (Antman et al., 2020). Some of the difficulties experienced are related to financial needs with needing more than one income to support the family, cultural ideals surrounding child-rearing, and challenges adapting to a new social system (Cervantes et al., 2015). Faced with challenges, many Hispanic immigrants choose to migrate and face many difficulties as well as the unknowing to provide a better life for their families (Bekteshi & Kang, 2020). While faced with these challenges, Hispanic immigrants utilize their culturally responsive to help cope during difficult times such as personalismo and familismo (López et al., 2020).

Familismo is said to be a defense that increases Hispanic immigrants' resilience to stressors faced during migration (Ayón et al., 2010). Familismo refers to a cultural philosophy that includes all family members contributing to nurturing and disciplining the children, problem-solving, financial obligation, and friendship for isolated or lonely family members (López et al., 2020). Familismo emphasizes a close family support system that involves an extended family (Zayas & Pilat, 2008). Familismo requires self-examination, concerning that of the family (Ayón et al., 2010). This self-examination ties to another cultural term personalismo, which refers to the value placed on interpersonal relationships (Garcia-Joslin et al., 2016). Personalismo allows individuals to connect through well-balanced genuine authentic care, emphasizing clear and strict expectations (Garcia-Joslin et al., 2016).

Parenting in the Hispanic culture is different from the parenting styles of the American culture (Zayas & Solari, 1994). Hispanic child-rearing values influence how they want their children to behave interpersonally, in school, and at home (Preuss et al., 2020). Culture plays a significant role in understanding the psychological processes associated with parental beliefs and children's behavior (López et al., 2020). Based on culture and socioeconomic status, Hispanic parents often intend to prepare their children for the society in which they live (Zayas & Solari, 1994). A society that bases worth on the color of an individual's skin and/or the background of their parents (Preuss et al., 2020).

Culture guides children to acquire the skills needed to function in their culture as well as the mainstream culture (López et al., 2020). The skills acquired help to improve

the child's self-esteem and help to develop a sense of self and a sense of belonging as a member of a group (Kotzky et al., 2020). In the Hispanic culture, parents socialize their children to behave in a manner that is essential to the family's culture (Garcia-Huidobro et al., 2019). El respeto is a key factor in the Hispanic culture, children are taught at a young age to be respectful to those who are older (Bougere, 2014). Behaviors that do not uphold respeto are seen as bringing great shame to the family (Bougere, 2014).

In the Hispanic culture, some children are observed to play a major role in the home, taking on substantial responsibilities. The term for these roles is filial responsibility, when the children are considered family caregivers, maintaining the household, having a sense of duty to the family, and supporting the psychological well-being (Jurkovic et al., 2004). This is consistent with the concept of familismo, the children have a responsibility to take care of their siblings, contribute to the household, and be a language broker for their parents (Kuperminc et al., 2013). These attitudes and expectations are based on birth order, the oldest child in the family may take on more of the filial responsibilities (Jurkovic et al., 2004).

Religion, faith, and spirituality are factors significantly influential in the Hispanic culture, playing an essential role within the family system (Ceballo et al., 2020). Hispanics describe their faith as an intimate relationship with God, family, and the community, playing an imperative role in health and well-being (López et al., 2020). According to Campesino and Schwartz (2006), cultural values personalismo, and familismo are the framework for spiritual perspectives. Cultural influences such as

spirituality impact the collectivist nature of mutuality in relationships (Ceballo et al., 2020).

Colonization is a shared experience of Hispanic immigrants; these individuals continue to struggle with the experiences of societal oppression which shapes their spiritual perspectives (Campesino & Schwartz, 2006). The spiritual and cultural lives of Hispanics reflect the struggle and survival of marginalized people (Mikell & Snethen, 2020). Hispanics experience oppression based on immigration status, race, ethnicity, class, and language. This is the reality for many Hispanics and is linked to ongoing educational, socioeconomic, and health disparities (Campesino & Schwartz, 2006).

Although men are seen as dominant in the Hispanic culture, women are identified as holding the fundamental role of shaping the spiritual perspective of the family (Leyva et al., 2017). Hispanic women are seen as the ones who instill values, creating a foundational base to keep religious rituals alive (Campesino & Schwartz, 2006). The shared historical and cultural experiences of Hispanic individuals reflect spirituality (Schwingel & Gálvez, 2016). Spirituality is collective rather than individualistic, it is a personal self-actualizing effort to promote the well-being of self, family, and community (Levya et al., 2017). Spirituality emphasizes the deliverance from oppression for the Hispanic people; it is fundamental for maintaining integrity and surviving the struggles of daily life (Campesino & Schwartz, 2006). Hispanics utilize spirituality as a resource for a personal connection with God or a divine being that helps them through difficult times (Mikell & Snethen, 2020). As racism, domination, and inequalities continue to

characterize Hispanic people's struggles, they utilize an intimate connection with spirituality for resistance and survivorship (Ceballo et al., 2020).

Although the Hispanic's cultural beliefs and values are strong, sometimes the mainstream's cultural impact can influence parenting and children's behavior (López et al., 2020). As parents work to maintain traditional cultural values and beliefs, their children's adaptation to the mainstream culture can result in them losing their cultural values and beliefs (Kotzky et al., 2020). The disconnect that may occur due to the acculturation process may cause emotional distress between youth and parents (Preuss et al., 2020). Idiom of distress is a term used to identify how individuals from sociocultural groups express distress (Hinton & Lewis-Fernández, 2010). In the Hispanic culture, the most studied idiom of distress is ataques de nervios, known as a nervous attack (Lewis-Fernández et al., 2010). In more recent studies, Hispanic immigrants who have experienced trauma manifest stress through somatization (López et al., 2020).

Machismo and marianismo are cultural norms in the Hispanic culture that emphasizes gender-based behaviors (Barrera & Longoria, 2018). Machismo is associated with the male role of being a protector and providing for the family (López et al., 2020). Marianismo is associated with women being obedient and submissive, taking on more subservient roles such as cooking, cleaning, and caring for the children (Lara-Cinisomo et al., 2019). However, these roles and cultural beliefs are impacted by change due to family separation because of deportation. Women begin to take on more roles as the head of the house, providing financially, and taking on the dominant role in the family (Barrera & Longoria, 2018). The experiences of immigration may increase the impact of trauma and

exposure to stress (Finkelhor et al., 2015). Immigrants experience unforeseen circumstances such as disadvantaged circumstances, health disparities, insufficient access to adequate health care services, limited benefits of seeking services, lack of culturally competent resources, lack of transportation, lack of language-appropriate services, and immigration status (López et al., 2020).

Acculturation

Adopting a new culture and adapting to the dominant culture in the United States can influence psychological well-being (Capielo et al., 2015). Acculturation is the process of psychological, social, and cultural change concerning balancing two cultures while adapting to the dominant culture of a society (Cervantes et al., 2019). These changes in culture are complex and multi-systemic occurring at the individual and societal levels (Lee et al., 2016). Acculturation can be a difficult process for some individuals, making immigration more stressful (Cobb et al., 2017). Individuals experiencing difficulties with acculturation are linked with negative mental health problems such as stress and depression (Meyer et al., 2018). Some of the acculturative stressors include discrimination, marginalization, economic hardships, learning a second language, and a lack of access to resources (Yoon et al., 2020). These factors are critical and can be detrimental to life functioning. Hispanic immigrants may experience cognitive, physical, and social concerns causing health disparities (Zvolensky et al., 2018).

Acculturative stress correlates with racial discrimination, English skills, the difficulties of visiting family abroad, and age during the time of immigration (Bekteshi et

al., 2015). Psychological distress correlates with racial discrimination and economic disadvantages (Bekteshi et al., 2015). Although these immigrants may have experienced stress (poverty, gang presence, violence, and war) in their own country, the stress level once migrated may be exacerbated due to acculturation, discrimination, and fear of deportation (Garcini et al., 2017). Some of the stressors for these Latinos are also linked to family structure (Bekteshi et al., 2015). For instance, although there are new employment opportunities, some women begin to face other challenges dealing with working more than having time to fulfill their expected roles as a caregiver, mothers, and wives (Bekteshi et al., 2015). Due to these stressors, these immigrants may experience hopelessness and poor self-efficacy which are risk-markers for negative mental health effects (Morote et al., 2017).

Latinos adapting to the United States culture can place them at risk for developing internalizing disorders such as depression (Bridges, 2021). The ability to change and adapt to a new dominant culture is a protective factor regarding mental health (Bridges et al., 2021). The difference in adapting to the mainstream culture has been linked to the extent of difference between the host and native culture (Bridges et al., 2019). Acculturative stress arises when that difference causes a struggle to conform to the host culture, this occurrence causes a negative association with psychological well-being (Bridges et al., 2021). These factors impact the mental health of immigrants and put them at greater risk over time (Zvolensky et al., 2018). Another factor that is associated with Latino immigrants' acculturative stress levels is the difference in their lives in the United States compared to their lives in their homeland (Bridges et al., 2021). Some have found

that their lives in the United States are less challenging, and others have found that their lives in their homeland are less challenging (Bridges et al., 2021).

When Latinos experience acculturative stress, their ability to cope also determines how well they adapt (Wong et al., 2017). Some of these coping styles may include substance use or abuse, less use of religious beliefs or positive reframing, and self-distractions (Bridges et al., 2021). This form of coping may lead to higher levels of stress and depression. Another factor associated with higher levels of acculturative stress is the longevity of the immigrant's time living in the United States (Yoon et al., 2020). According to Bridges et al. (2021), there are lower rates of depression linked to acculturative stress among Latino immigrants who have lived in the United States for 10 years or more. This is a major contributing factor to acculturative stress that is rarely addressed which is immigrants' experiences in their country of origin compared to what they expect to experience once immigrated (Negy et al., 2009). Once these Hispanic immigrants migrate and those expectations are not experienced, these individuals become frustrated, and desolation tends to set in. The unmet expectations cause negative psychological reactions, and these individuals become stressed due to conflicting levels of acculturation (Negy et al., 2009).

The roles of acculturation and enculturation on depression while integrating relative variables including social support and family resources are important (Espeleta et al., 2019). These higher levels of acculturation may increase the risk for a multitude of maladaptive psychological and physical effects such as depression (Bridges et al., 2019). Hispanic women in the United States are at high risk for depressive symptoms (Roblyer

et al., 2017). Acculturation is associated with stressors such as decreased employment, discrimination, and communication barriers (Espeleta et al., 2019). Roblyer et al. (2019) identified stressors such as minority status, racism, and social inequality. The increase or decrease in acculturation is also linked to language fluency, socioeconomic status, interpersonal relationships, and resources (Espeleta et al, 2019). There is a negative association between enculturation and depression, inclusion of social support and family resources can mediate the association between acculturation and depression, family resources can mediate the association between enculturation and depression (Espeleta et al., 2019). It is important to integrate social support and family resources when working with the Latino population.

Discrimination

Experiencing racial/ethnic discrimination is associated with the process of acculturation (Bostean et al., 2019). Exposure to discrimination may account for high-risk behaviors and health declines in the Hispanic population (Shariff-Marco et al., 2011). Cano (2019) explored acculturation-related measures and how they may conceal the role of societal factors such as discrimination. In the United States, both authorized and unauthorized Hispanic immigrants have possibly experienced the pervasive social stressor of ethnic discrimination linked to acculturative stress and depression (Cobb et al., 2016). Viewing discrimination as a mediator in the relationship between alcohol use disorder and English language use/proficiency among Hispanic immigrants in the United States has been studied (Cano, 2020).

There is a significant association between perceived discrimination and alcohol use in men, but not women (Cano, 2020). Discrimination occurs due to speaking Spanish in public, socioeconomic status, education level, employment (unfair wages, benefits, unfair treatment), and negative stereotypes (Bell, 2010). The experiences of ethnic discrimination, possibly accompanying the process of acculturation, to some extent, explains the deterioration of drinking outcomes of Hispanic men adapting to life in the United States (Cano, 2020). This information shows how immigration stressors influence high-risk behaviors and health disparities.

The association between perceived ethnic discrimination, psychological well-being, and life satisfaction among unauthorized Hispanic immigrants is significant (Cobb et al., 2019). Life satisfaction is conceptualized as one's subjective well-being, as a representation of the quality of an individual's life (Ramos et al., 2020). There is a correlation associated with the link between discrimination with psychological well-being and life satisfaction (Cobb et al., 2019). Discrimination has a significant prediction of harm to psychological growth and life satisfaction (Ramos et al., 2020). Many of the issues associated with discrimination are related to being a minority in the United States and being unauthorized (Cobb et al., 2019). Perceived higher levels of discrimination and negative community experiences have been associated with lower life satisfaction among Hispanic immigrants (Ramos et al., 2020). Hispanic immigrants with strong psychological connections to their ethnic group and have a high sense of self-definition, experience less adversity of discrimination (Cobb et al., 2019).

As Hispanic immigrants migrate to the United States to build a better life for themselves and their families, they may experience the detriments of discrimination in the workforce (DelCampo et al., 2011). These individuals are perceived to have an attitude that will create economic success, due to their culturally determined qualifications such as work ethic, loyalty, team spirit, and having a strong social network (Roberson & Block, 2001). Although they are successful in the workforce, Hispanic immigrants continue to experience discriminatory acts against them because of race/ethnicity (Bloomekatz, 2007). As work areas become more culturally diverse, Hispanic immigrants have been posed as a threat to the dominant racial group due to their fear of loss of economic and social power (DelCampo et al., 2011). DelCampo et al. (2011), further explained how the United States-born dominant racial groups believe that Hispanic immigrants reduce the number of available resources for the dominant group.

Marginalization occurs within the workforce for Hispanic immigrants and limitations on their ability to excel (DelCampo et al., 2011). These individuals experience ostracism because of their language of origin, language barriers, and lack of social influence (Blancero & DelCampo, 2005). While examining Hispanic's perceptions of discrimination, Foley et al. (2002) found that regardless of their skills and work performance, Hispanics could only advance to a certain level within organizations. Due to the presence of prejudice and discrimination, Hispanic immigrant workers experience stress in the workplace which leads to increased perceptions of discrimination and job dissatisfaction (DelCampo et al., 2011). Many Hispanic immigrants are either

unemployed or undervalued in the workforce due to discrimination (Blancero & DelCampo, 2005).

Systematic oppression and ethnic racial trauma experienced by Hispanic immigrants are important to consider when conceptualizing psychological distress (López et al., 2020). According to Chavez-Dueñas et al. (2019), approximately half of the Hispanic immigrants residing in the United States are undocumented. Undocumented immigrants are susceptible to stressors such as abuse, exploitation, and deportation leading to a lack of security, trust, and psychological safety (Lorenzo et al., 2020). Mixed-status families (documented and undocumented status) experience fear of deportation, leading to feelings of anxiety and isolation (Rojas-Flores et al., 2017).

Sociocultural and Psychosocial Stressors

Hispanic communities are at higher risk for mental health issues such as depression, anxiety, and substance abuse which are often in relation to experiencing racism and discrimination (Willerton et al., 2008). The Psychosocial Stress Model of Health Disparities suggests that perceived and institutionalized racism, linked to day-to-day stressors results in negative health outcomes (Martyr et al., 2019). Institutionalized barriers are exhibited in various ways such as a lack of mental health services providing culturally sensitive services to the Hispanic population (Tarlow et al., 2014). Some of these mental health services lack cultural competency, bilingual or interpreter services, and culturally appropriate health care settings. The examination of the effectiveness of integrated behavioral health services is a critical factor when identifying best practices for the Hispanic population (Bridges et al., 2019). Integrated behavioral health services

showed marked improvement in reducing health disparities among Hispanic patients and satisfaction with care (Bridges et al., 2019).

From a psychosocial view, Hispanic immigrants may be directly impacted by the sociocultural climate (Torres et al., 2018). This climate has created fear and apprehension within the culture, contributing to the lack of utilization of healthcare services and the fear of accessing these services (Ruiz et al., 2016). Some sociocultural factors that affect the Hispanic population include the highest rates among the population to be uninsured, higher rates of illness or injury at work, higher rates of poverty, and higher rates of state and federal incarceration compared to the dominant group (Wildsmith et al., 2016). The struggle for economic mobility dates back to decades of discrimination in the labor market; earnings and wages for Hispanic immigrants were considerably different as opposed to non-Hispanic Whites (Borjas, 1982).

Another social factor that contributes to stress among Hispanic immigrants is language barriers (Holly et al., 2016). Hispanic immigrants in the United States have lower levels of health literacy when compared to other group populations (Holly et al., 2016). Due to these lower levels of health literacy, the measures by which these individuals can function effectively daily are questioned (Jimenez et al., 2020). For instance, balancing home, work, and community tasks (balancing a checkbook, filling out job applications and performing job duties, and finding information in news articles) may be difficult (Jimenez et al., 2020). According to Mas et al. (2017), improving health literacy among Hispanic immigrants in the United States will increase communication and the ability to access community services. Determining factors influencing health

literacy level include age, gender, education, and English proficiency (Holly et al., 2016).

Community-based programs are needed to provide educational materials and needed support to contribute to improving health literacy (Mas et al., 2017). Providing basic adult instruction could improve health literacy among Hispanic immigrants. This is a critical concept to explore because the literature shows that limited English proficiency correlates with low levels of health literacy (Soto Mas et al., 2015a). There is a positive correlation between supporting adult education and improving health literacy (Mas et al., 2017).

Hispanic immigrants' perceptions of police can be misunderstood (Roles et al. (2016). Hispanic perceptions of policing may raise some uncertainty due to their experiences with border patrol agents (Roles et al., 2016). The experiences of discrimination and inequality may influence Hispanic immigrants' attitudes and perceptions of the justice system and their contact with law enforcement agents (Barrick, 2014). Some of the barriers that influence Hispanic immigrants' perceptions are social-cultural and linguistic differences, leading to misunderstandings and misinterpretations of the services that police provide in the community (Weitzer, 2014).

Miscommunication occurs with both the police and the Hispanic immigrants (Roles et al., 2016). There is a concern regarding the minority community and negative relationships with the police (Nuno, 2018). The police appear to be prejudiced and discriminate against Hispanic immigrants who lack English proficiency, and Hispanic immigrants who are unable to communicate with police appear to mistrust law

enforcement (Roles et al., 2016). Due to this, Hispanics tend to have more negative perceptions of police (Nuno, 2018). The lack of communication becomes detrimental to both Hispanic immigrants and the police. Developing an understanding of the relationship between the increase in immigration enforcement and Hispanic's fear of deportation could promote public safety by improving the relationship between the Hispanic population and police enforcement (Becerra et al., 2017). Law enforcement involvement in the Hispanic community could bridge the gap between police and the misperceptions of Hispanic immigrants (Roles et al., 2016).

Deportation in the broader community affects other community members in turn reducing their engagement in the community (Brabeck et al., 2012). This impact reduces activities such as visits to community events, parks, restaurants, and libraries (Vargas, 2015). This reduction in social integration impacts the Hispanic community negatively (Hagan et al., 2011). The lack of social integration can be difficult due to the positive influence it can have on well-being, promoting a sense of purpose in an individual's life (Langhout et al., 2018). Fear and mistrust can also extend to public safety officials, trust has been broken between Hispanic immigrants and local law enforcement (Hagan et al., 2011). Immigration policies and agreements expect law enforcement to act as federal immigration agents, influencing local communities' mistrust of local authorities (Theodore & Habans, 2016). After deportation has occurred within the community, families are less likely to contact law enforcement for any reason (Dreby, 2012).

The individual well-being of others is affected in the community once deportation occurs (Brabeck et al., 2012). When Hispanics hear of deportation on the news, the

internet, or the broader community they feel the threat and risk for themselves and others (Torres et al., 2018). These individuals begin to experience emotional distress such as feelings of hopelessness, sadness, fatigue, anxiety, fear, mistrust, worry, hypervigilance, nightmares, and weight fluctuation (Martinez et al., 2017). The psychological distress and persistent anxiety associated with the fear of deportation for oneself, family members, and members of the community are linked with cardiovascular risk factors (Torres et al., 2018). These cardiovascular risk factors include a higher pulse pressure, a larger body mass index, a higher risk of obesity, and a larger waist circumference (Torres et al., 2018). This threat to the Hispanic community impacts adults as well as youth in the community (Dreby, 2012).

Social Support

Due to the many stressors associated with immigration, Hispanic immigrants experience a high risk of emotional distress (Lerman et al., 2021). The factors contributing to the emotional distress of the Hispanic immigrant population can be detrimental (Lerman et al., 2021). These factors including legal status, discrimination, and poverty continue to influence psychological and physical well-being, contributing to depression, anxiety, and physical disparities (fatigue, body pain, changes in appetite, and weight fluctuation). Individuals experiencing emotional distress concerning these factors have potentially been exposed to traumatic events (Overstreet et al., 2016).

The reports of Latinos experiencing Ataque de Nervios, which is a cultural disorder with symptoms of crying spells and uncontrollable shouting about stressful situations, are often connected to family (Vazquez et al., 2017). Although this disorder is

a cultural syndrome it is linked with depression and anxiety disorders (Overstreet et al., 2016). However, depression and anxiety disorders can be persistent and generalized conditions, and individuals experiencing Ataque de Nervios have shorter episodes in reaction to socially recognized triggers (Guarnaccia et al., 2010). The triggers may be associated with structural factors or social strains (Guarnaccia et al., 2010). Hispanic immigrants experiencing such vulnerability to social factors and structural factors benefit from social support networks (Lerman et al., 2021).

Social support networks include family, friends, colleagues, and any individual providing a positive interpersonal relationship that promotes life satisfaction (Mejia & Hooker, 2014). These social support networks help individuals to identify and have a strong sense of being a part of something meaningful. When immigrants lack this sense of belonging, they tend to have a higher risk of social strain and emotional distress, leading to negative mental and physical health disparities (Lerman et al., 2021).

Social support is an essential contributing factor to mental and physical health outcomes (Benavides et al., 2021). Mixed-status Latino families (documented and undocumented statuses) were highly affected by Trump's administration as he influenced the implementation of restrictive immigration policies (Benavides et al., 2021). These decisions in leadership influenced negative immigration enforcement activity (Singer et al., 2018). These factors impacted how mixed-status Latino families maintained social interactions in their relationships and how they provided social support to one another (Vargas, 2015). The immigration policies under Trump's administration increased deportations and influenced the isolation of mixed-status families by turning safe

locations into main areas for immigration enforcement (Benavides et al., 2021). Mixed-status families traverse through immigration-related risks to gain access to formal and informal support systems (Benavides et al., 2021).

Social networks allow social relationships and individuals to connect on various social levels, which influences social support (Finch & Vega, 2003). Social networks can provide the necessary emotional support and can help provide informational and instrumental support (Sanchez et al., 2019). The increase in federal immigration policies continues to threaten the structure of Latino families and community support systems (Benavides et al., 2021). During Trump's administration, these laws were intensified as a federal executive order was issued to expand federal immigration enforcement, causing an increase in detentions by forty percent (Medina, 2017). These threats went even further to penalize immigrants for seeking community support services to access public benefits. The methods utilized to enforce the local and federal laws pertaining to immigrants can intimidate Latino families and can negatively affect their health outcomes (Marquez et al., 2014).

Barriers to Healthcare

The access to and use of healthcare services have been limited to the Hispanic population, and this affects undocumented immigrants more than other populations (Lopez-Sanders, 2017). Nearly 32 percent of the Hispanic population is uninsured (Medina, 2017). There has been restricted access to federally funded healthcare programs for legal residents as well as undocumented, due to the reinforcement of The Personal Responsibility and Work Opportunity Reconciliation Act of 1996 and the Illegal

Immigration Reform and Immigrant Responsibility Act (Hagan et al., 2003). The 2010 Patient Protection and Affordable Care Act helped to expand access to healthcare for vulnerable populations, however, barred the undocumented (Joseph & Marrow, 2017). This restricted access to healthcare services paved the way for access to services through local safety net organizations (Leiyu et al., 2009). However, balanced budget conservatism alongside the concentration of undocumented immigrants in some states has led to a decrease in the ability to service the undocumented population (Horton, 2006).

Federally Qualified Health Centers (FQHCs) are programs provided to immigrants regardless of their health insurance, legal status, or financial resources (Parker, 2019). FQHCs are required to provide meaningful access to services such as Spanish-speaking staff, bilingual materials, and translators (Lichter & Johnson, 2009). Although these programs are available, immigrants are hesitant to access these services due to fear of the possibility of detainment or deportation (Castañeda & Melo, 2014). According to Parker (2021), immigrants who are documented and eligible for assistance and access to funds such as Medicaid, do not apply out of fear of jeopardizing the residency status for themselves or their family members.

Some immigrants do not access healthcare services due to difficulties navigating the system and language barriers (Gostin, 2019). Although FQHCs are available for undocumented immigrants, the question remains to what extent does Hispanic immigrants have access to culturally competent and affordable health services (Marrow & Joseph, 2015). Inequalities in primary care are a significant factor for the Hispanic population (Parker, 2019). The geographic locations of where immigrants settle also play

a part in their access to services (Lichter & Johnson, 2009). Although previous research has shown the socioeconomic advantages of immigrants settling in New Destinations, others point to the health disadvantages in New Destinations as opposed to Established Gateways (Ludwig-Dehm & Iceland, 2017). For instance, immigrants living in nonmetropolitan areas are less likely to report a regular source of care than immigrants living in metropolitan areas, which are mostly Established Gateways (Brazil, 2017).

The Migrant Health Center (MHC) was a program developed to provide essential health care to migrant agricultural workers (Parker, 2019). The leaders of the MHC emphasized the importance of migrant workers to the United States economy but identified their working and living conditions as a threat to the spread of communicable diseases and serious public health concerns (Parker, 2019). The MHC was incorporated into the Community Health Center (CHC) Program, a program established to provide opportunities for employment, healthcare, and empowerment opportunities mainly for disadvantaged urban communities (Leone & Johnston, 1954). These are the historical roots of the FQHC program.

Health literacy is a significant factor that may cause barriers for Hispanic immigrants to access healthcare services (Calvo, 2016). Health literacy creates the foundation of a mutual understanding of the shared information between healthcare professionals and patients (Barrett & Puryear, 2006). Health literacy is necessary for Hispanic immigrants to navigate the United States healthcare system (Jerome-D'Emilia et al., 2014). The Hispanic population has the lowest level of health literacy among minority groups in the United States (Calvo, 2016). These individuals are more likely than other

minorities to experience a lower quality of care (Basu Roy et al., 2020). Some of the factors that contribute to disparities in the quality of care are low levels of education and income, insurance coverage, lack of a regular place of primary care, and English proficiency (Warnick, 2020).

Hispanic immigrants with lower levels of education are less likely to access healthcare or engage in interactions with healthcare professionals, especially regarding mental health (Basu Roy et al., 2020). The cultural stigma attached to mental health influences the decisions of Hispanic immigrants to access healthcare services (Calvo, 2016). These are leading factors that contribute to poor health in the Hispanic population (Basu Roy et al., 2020). Also, the taxing of health literacy screenings may be an additional factor adding to the stigma and humiliation of the vulnerable Hispanic population (Akresh et al., 2016). Utilizing friendly measures to assess health literacy will be a step in the direction of helping the Hispanic population increase their interest in accessing health services and will improve their comprehension of health literacy (Schutt & Mejía, 2017).

Insufficient public transportation and the lack of knowledge of available healthcare services are other barriers to accessing quality care (Rhodes et al., 2015). Documentation status plays a major part in the choice to access healthcare services, undocumented individuals may experience more difficulties accessing healthcare and may have worse health outcomes than documented individuals (Parker, 2019). Reaching Hispanic immigrants will require creative skills to grasp their attention and help them engage in accessing healthcare services (Schutt & Mejía, 2017). Educating Hispanic

immigrants on the procedures of accessing health care is imperative, including how to explore available financial assistance, how to make an appointment, and what documentation is required (Rhodes et al., 2015).

Deportation

As immigration laws and policies are enforced, deportation continues to rise for the Hispanic population (Pedroza, 2019). Deportation contributes to distress due to long waits for court proceedings and trials for immigration (Bailey et al., 2021). Understanding deportation activity among counties with small and large Hispanic populations is important (Pedroza, 2019). According to Pedroza (2019), minority shares influenced the growth and restrictions of the Hispanic population, as well as how the counties addressed immigration policy. Taking the necessary steps to increase legal support would help immigrants learn their rights as well as the immigration court process (Bailey et al., 2021). Relations between policy and demographics, the enforcement of policy depending on minority sizes, and how deportations are based on local decisions (Pedroza, 2019). These decisions included how local jail officials oversaw the transferring of illegal immigrants to federal agents which eventually resulted in deportation (Pedroza, 2019).

Deportation patterns are distinctly racialized, with the Hispanic population being at a higher risk (Maginot, 2021). The federal government utilizes the implementation of Secure Communities, which is an administrative data-sharing program that helps collect data about all individuals arrested in county jails (Pedroza, 2019). The crucial enforcement of state and local law influence officers to check an individual's

immigration status during traffic stops and arrests (Maginot, 2021). With the cooperation of local county jail officials, the federal authorities can utilize Secure Communities to deport hundreds of thousands of illegal immigrants (Pedroza, 2019). Hispanic group size influenced deportation, based on their impact on policy (Pedroza, 2019).

The effects of deportation on family members can be detrimental to health and well-being (Allen et al., 2015). The correlation between family members' deportation and misuse of prescription drugs among Latino United States citizens is prevalent (Pinedo, 2020). The deportation of a family member heavily impacts the family unit which may lead to psychological and emotional stressors (Pinedo, 2020). Due to increased immigration enforcement over the past decade, the United States has reached a significant level of deportations (Vargas et al., 2018). Hispanic immigrants have made up the largest number of deportees (Gulbas et al., 2016). Pinedo (2020), further investigated the role between the deportee and Latino United States citizen relationship on prescription drug misuse. These relationships included personally knowing someone deported such as family, friends, coworkers, or community members. There is a correlation between higher levels of prescription drug misuse with personally knowing someone deported, and significantly higher for families of deported individuals (Pinedo, 2020).

The fact that Latino citizens and noncitizens experience deportation at higher rates than other noncitizen populations raises fear (Vargas, 2015). Deportation fear among Latino United States citizens and noncitizens continues to grow, and identifying the vulnerabilities of noncitizen Latinos and Latino United States citizens' fear for their

family and friends are critical. According to Maginot (2021) increased immigration enforcement influences political participation. Asad (2020b) explained that since the 2016 United States presidential election, these fears have grown, reflecting the increasing deportation rates and awareness of deportation policy and practice. Regardless of the national deportation rates, deportation fears have been stable and high since 2007 (Warren & Kerwin, 2017). The literature states that Latin American immigration has been categorized as a societal threat, subjecting noncitizens to unsafe detention facilities, negatively impacting their business, work, and occupation, as well as negatively influencing their psychological, behavioral, and physical health outcomes (Asad, 2020a). Latino United States citizens fear that they are misrecognized as being deportable and are sometimes detained and investigated, they also fear and worry about the deportation of their loved ones (Asad, 2020a).

Immigration and deportation have risen to the forefront of American political interests (Chacon, 2017). The topic of immigration and policy has created an incomparable sense of fear among immigrant communities (Hing, 2018). The increase in Hispanic immigration and political policy has led to the association between Hispanics and illegal immigration, hindering Hispanic immigration (Zong et al., 2018). Americans' perspectives and opinions regarding immigration are based on several factors, including being conservative or more liberal (Gries, 2016). Gries explained how older more conservative Americans are less likely to support increased immigration, the younger more liberal Americans are more supportive of increased immigration. According to Berg (2009), individuals living in areas of increased unemployment with large migrant

populations are more likely to be opposed to increased immigration, this perspective holds among the American and Hispanic populations.

Hispanics are considered more liberals when relating to social issues such as immigration (Claassen, 2004). However, their perspectives and opinions on immigration vary significantly depending on several differing factors. These factors include levels of acculturation, language fluency, and support for increased immigration (Abrajano & Alvarez, 2011). Hispanics who are less likely to support increased immigration are more likely to assimilate into American culture, speak fluent English, and have lived in the United States longer (Becerra et al., 2017). Political affiliation, the economy, and age tend to be influential factors associated with the level of discrimination against Hispanics (Jones et al., 2016). Jones and colleagues further explained how political parties have their perceptions and stereotypes toward the Hispanic population. For instance, Republicans and Trump supporters are more likely to express discrimination toward the Hispanic population than Democrats and independents. President Trump's harsh dialogue toward immigrants and strict enforcement of immigration policy influenced increased deportation (Koh, 2017).

Hispanic's apprehensions regarding deportation and how they perceive their place in American society since Trump's administration and now have been explored (Callister et al., 2019). Examining Hispanic's concerns about the deportation of family and friends is important. The current immigration laws serve to legitimize society's harmful treatment of temporarily protected and undocumented immigrants (Abrego et al, 2017). Callister et al. (2019) found that language preference and being in the category of

knowing an undocumented immigrant appeared to influence Hispanics' political opinions regarding immigration in the United States. Immigration laws influence social suffering and harm for immigrants, even creating conditions for immigrants to exploit one another (Cervantes & Menjivar, 2020). These factors influence the determination of if individuals agree that an illegal immigrant should be deported, worrying regarding the negative outcomes of deportation, and opinions on increased discrimination against Hispanics since Trump's election (Callister et al., 2019).

Hispanic immigrant detention and deportation continue to rise, as they are more likely to be deported as opposed to their Asian, African, and European-born counterparts (DHS, 2016). Over recent years, the fear of deportation continues to grow (Lopez et al., 2020). Lopez and colleagues further discussed that 66 percent of foreign-born Latinos and 43 percent of United States-born Latinos experience fear of deportation for themselves as well as their loved ones. Fear of deportation may cause mental and physical health issues, impact family relationships, interfere with access to community services, lack trust in the criminal justice system, negatively impact economic status, and discourage a sense of belonging (Pedraza et al., 2017).

Family Separation

A critical topic is the forced separation of Hispanic families due to deportation (Lovato et al., 2018). The researchers explored how family separation negatively affects the family unit, specifically the impact on children and youth. Children living in immigrant families experience symptoms of depression (Gulbas et al., 2016). Parental deportation could cause negative effects on children/youth as it relates to their mental

health, psychosocial, and academic outcomes (Lovato et al., 2018). These factors impacted by forced family separation due to deportation are critical in maintaining stability in mental, emotional, social, and physical well-being (Zayas et al., 2015).

Unfortunately, many of these families are separated and children are sent to foster care, some are prevented from uniting with their deported parents (Wessler, 2011). Lovato et al. (2018) suggested the utilization of culturally based interventions to help provide support and resources for these children/youth with mental health, psychosocial, and educational needs.

Deportation influences different parts of the family unit (Ojeda et al., 2020). Understanding the perspectives of men and fathers regarding their separation from their families and the impact on the families' mental, social, and financial well-being is imperative. Many of these men described the separation as having a huge economic impact due to the loss of income and losing economic resources resulting in the inability to pay rent, buy groceries, and purchase clothing and school supplies (Ojeda et al., 2020). Parents reported concerns about taking care of their children's mental, emotional, and physical needs (Brabeck & Xu, 2010). The fathers expressed much concern for their families, especially their children; resulting in 52.5 percent of the men having intentions to return to the United States regardless of the risk of incarceration (Ojeda et al., 2020). Many families experiencing separation due to deportation have changes in the structure of their household (Hamilton & Hale, 2016). Women are forced to provide household support, at times unable to recuperate the financial stability in the household that was

maintained by the deported family member, forcing the family into persistent economic difficulties (Baker & Marchevsky, 2019).

Due to the antiimmigrant rhetoric over the years, family members remaining in the United States are hesitant to seek services that will assist with financial instabilities such as rent, food, and health needs (Finno-Velasquez et al., 2006). The struggles of these separated families and their impact on children can be detrimental. Consequently, family separation can cause trauma-induced experiences from sudden loss and unfamiliarity with their environment when separated from both parents (Giralt, 2018). Giralt described how these children report a sense of fear and chaos, frequent crying, and unstable caregiving arrangements. These younger children demonstrate sadness, a loss of appetite and lack of sleep, anxiety, withdrawal, and negative academic outcomes such as low attendance and poor grades (Rubio-Hernandez & Ayon, 2015).

Exploring the consequences of forced family separation on adolescents, and identifying the psychological distress and trauma associated with the experience of deported parents are critical (Lovato, 2019). Adolescents experience more withdrawn and aggressive behaviors due to forced family separations (Rubio-Hernandez & Ayon, 2015). The stressors associated with loss and change influence emotions such as guilt, sadness, anger, silence, and hopelessness due to the unsafe feelings of distress caused by forced family separation (Solheim et al., 2016). When the family system is disturbed by forced family separation due to deportation, the structure, and dynamics of the family change abruptly (Lovato, 2019).

The loss of a parent due to separation can lead to disenfranchised grief, in which the loss of the parent may go unrecognized (Lovato, 2019). During these difficult times, adolescents may experience depression, fear, anxiety, academic difficulties, economic instability, and difficulties adjusting to unexpected changes in family circumstances (Lovato, 2019). Many of the children and adolescents are placed in government custody creating instability, if not released to another parent or relative (Luibheid et al., 2018).

The instability can be caused by trauma, fear of separating from additional family members, behavioral changes, and academic disturbances (Lovato, 2019). The adverse impact of deportation continues to be challenging to the well-being of families (Cardoso et al., 2016).

Summary and Conclusions

This Chapter has provided information detailing the detriments of immigration stress, immigration laws, and policy, how it affects the family unit, the issues of family separation, and how Relational-Cultural Theory (RCT) is used to understand the challenges associated with family and friend's disconnections due to deportation. A review of the stressors such as acculturation, discrimination, sociocultural and psychosocial stressors, as well as a review of culture and social support is explored and their relation to Hispanic immigrants experiencing depression. In the next chapter, Chapter 3, information will be provided regarding the study methodology used to assess Hispanic immigrants' experiences with immigration stress and surviving the deportation of their loved ones.

Chapter 3: Research Method

The purpose of this generic qualitative design study was to explore the experiences of documented Hispanic immigrants dealing with survivor's guilt to receive an understanding of what they are going through and how to help these individuals cope with surviving after deportation of their loved one(s). When survivors are faced with separation from their loved ones, much of the burden of work and managing the household duties becomes their responsibility. The struggle, the fear, and other stressors impact the entire community as fear and distrust are instilled in most immigrants (Brabeck et al., 2020). Exploring this information will allow helping professionals and individuals in the field to develop culturally sensitive training programs as well as treatment programs to service the Hispanic population.

In this chapter, Chapter 3, a detailed description of the methodology is discussed. A generic qualitative design was utilized to explore immigration stress and the experiences of documented Hispanic immigrants dealing with survivor's guilt as it relates to the deportation of their loved ones. This chapter entails step-by-step details of the research design and rationale, including the target population, sampling process, recruitment and data collections procedures, instruments used, data analysis, validity threats, and ethical procedures.

Research Design and Rationale

The following research question guided the study: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? A generic

qualitative design was utilized to explore the experiences of documented Hispanic immigrants dealing with survivor's guilt. Qualitative research embraces different disciplines, paradigms, and epistemologies; it influences multiple standards of quality, including validity, credibility, rigor, and trustworthiness (Clarke, 2022). The researcher is considered a human instrument in qualitative research, promoting reflexivity as a necessary tool (Yoon & Uliassi, 2022). Interviewing and observations are critical factors within qualitative research, which allows the researcher to interpret and analyze interviews and observations (Tomaszewski et al., 2020). This is a critical factor that guides the researcher, allowing their perspective to disclose personal, theoretical, and methodological orientations, assumptions, and values while exploring participants' experiences (Sharma, 2021).

The generic qualitative methods approach was used to further the exploration of this topic. According to Clarke (2022), the researcher assumes a personal, vested interest in the experiences that have had a significant impact on the lives of participants. This allowed me to deepen the research and develop methods and procedures to further investigate and analyze findings. I had a body of preknowledge and preunderstanding of the topic that I wanted to further understand through the participants' perspectives and experiences (Ochieng et al., 2022). Silverio and colleagues (2022) employed several steps to help answer the research question, involving conducting interviews and developing themes from the transcriptions. These are strategies to use in qualitative methods. Qualitative methods continue to expand and create diversification and integration of research (Clarke, 2022). This form of methodology was a good fit for the question being

asked and the phenomena being studied because it allowed me to explore the actual experiences of the participants. According to Sharma (2021), assumptions allow one to gain more comprehensive knowledge and understanding of what is being studied. Integrating the findings and results of this study allowed me to better understand how documented Hispanic immigrants deal with survivor's guilt. It will also provide the behavioral health field with information to advance treatment for this specific population.

Role of the Researcher

In qualitative methods, researchers must develop several areas of competence (Yoon & Uliassi, 2022). These areas include fully understanding the phenomena that are being studied, competency in the research design and methods that will be used to collect the data, analyzing data, and ensuring that ethical issues are dealt with before they arise. Preparing for ethical issues is important for a researcher (Schembri & Jahić Jašić, 2022). I needed to address any biases and concerns that might interfere with the overall research process. I did not have any biases about the topic. I did not let experiences cloud any judgment regarding the participants and their own experiences dealing with survivor's guilt. Understanding the researcher's role is a critical concept that is essential to the research process (Tomaszewiski et al., 2020). I had the responsibility of influencing the interview process and helping the participants understand their role and what their participation would contribute to the research study. When one is collecting data from participants dealing with surviving deportation, emotional distress may arise. As a licensed clinical mental health counselor, I was able to identify any clinical concerns and refer these individuals to seek therapeutic services if needed.

According to Schembri and Jahić Jašić (2022), the code of ethics can be instrumental in influencing how a researcher will carry out the research process and prepare for ethical issues before they arise. It is the role of the researcher to protect the participants regarding their rights as human participants (Amundsen & Msoroka, 2021). I had to demonstrate competency in this area and other factors such as culture, values, and personal background. These are the factors that shaped my interpretations. The qualitative design allowed for fluid and open-ended inquiries (Clarke, 2022). I was receptive to all information given throughout the research process, and I was able to set aside any biases or issues that would cause interference.

Methodology

The research was conducted using a generic qualitative research design. This design allowed me to collect pertinent information from participants based on semistructured interviews (Rennie, 2012). These procedures gave me a sound basis to analyze the data collected via notes and audiotapes. Interpreting and analyzing notes are critical factors to consider, ensuring the accuracy of information retrieved throughout a study (Rennie, 2012). Additionally, interpreting the meaning of themes and descriptions through the analysis of statements is a critical part of the analysis process (Wertz, 2011). The methods of this approach allowed me to address problems with sufficiency and clarity (Onwuegbuzie & Leech, 2007a), soaring to move human science closer to the historical achievement of its high aspirations. This approach allowed me to explore further research on the Hispanic population and focus more on documented Hispanic immigrants.

Participant Selection Logic

The population consisted of documented Hispanic immigrants, both male and female. The study implemented a purposeful sampling design. With this design, I was able to purposefully select participants from the population who best fit the criteria for the study (Devers & Frankel, 2000). Eligible participants included Hispanic males and females, ages 18 and older. The sample size consisted of five participants. According to Guest et al. (2020), 10 participants is an adequate number to collect essential data. These individuals were aware of the questions that would be asked through interviews to be clear on the subject and what the research entailed.

The research was advertised through social media, flyers, and word of mouth. The participants were screened via phone calls in which I asked questions about the research topic that would determine certain criteria that needed to be met. The screening questions addressed (a) the age of the potential candidate, (b) whether they identified as a documented Hispanic immigrant, (c) whether they had any undocumented family members or friends, and (d) whether they had experienced the deportation of a loved one. To recruit these individuals, specifics were available in the advertisement to gain an adequate number of participants and to retrieve a sufficient amount and quality of data.

Recruiting participants and gaining sufficient information were critical to the data collection process. Understanding and applying the saturation process guided this part of the research process. Saturation allowed me to estimate and assess the sample size (Guest et al., 2020). Inductive probing during the one-on-one interviews while using open-ended questions increased validating the method on individual interview data (Lowe et al.,

2018). I was able to wrap up the data collection process once no additional data was found to address the research question (Guest et al., 2020).

Instrumentation

The data collection instruments utilized were an interview protocol, audiotape, a computerized application for transcription, and me. The interviews took place at the Carole Hoefener Center or virtually, based on the needs of the client. I conducted 45- to 120-minute semistructured interviews; these interviews were audiotaped and transcribed into Microsoft Word using Voice Dictation. According to Dilley (2004), interviews allow researchers to investigate experiences and reconstruct events in which they did not participate. This placed emphasis on the comprehension and conveyance of understandings of the researched and the researcher. I was skilled at "the art of hearing the data" (Devers & Frankel, 2000). This skill is a critical part of the interview process, and it allowed the interviews to flow at a pace that was understandable and transcribable (Frankel & Devers, 2000b). I developed a trusting relationship with the participants to collect accurate data from them regarding their experiences.

I acknowledged and practiced ethically to maintain a stable and sound environment throughout the research process and especially when dealing with participants (Shotter, 2005). Qualitative research is more than a set of skills; it is described as a philosophy, a way of learning (Frankel & Devers, 2000a). My approach to the participants was critical to how the respondents would respond to the interview process. I greeted the participants with a warm welcome and an introduction of my background and the purpose of the research. I then continued with the interview questions

and the debriefing process. The interview protocol was audiotaped utilizing a smartphone audio recorder, and I took notes to ensure that all data were collected and used for the interpretation of the data process.

Procedures for Recruitment, Participation, and Data Collection

The research study was conducted at the Life Solutions Consulting business office or via Zoom video. Upon arrival at the research location or Zoom video call, I first reviewed informed consent with participants before proceeding to the interview questions. I ensured that the participants fully understood their rights as participants and asked questions as needed throughout the research process. Additionally, I reviewed self-disclosure thoroughly as to the content, timing, and intentions of the discloser (Petrova et al., 2016). The data were collected through semistructured interviews, audiotaped by using a smartphone audio recorder, and then transcribed using Microsoft Word Voice Dictation and manually. The interviews ranged from 45 to 120 minutes, depending on the participant and how in depth they chose to be when answering the interview questions. The interview protocol included reviewing the purpose of research and informed consent, background questions, interview questions, and the closing statement (see Appendix B).

According to Knapik (2006), engagement in all exchanges in the interview process is imperative to research. Researchers and participants are all critical components in the research process. I received an in-depth understanding of all the feedback from the participants and was able to transcribe this information into meaning (Dwyer & Buckle, 2009). The participants were able to relive their experiences to provide accurate and in-

depth information to me. This form of engagement on both parts enhanced the interactions and allowed for more information and better comprehension.

This information pertained to the participants' lived experiences of dealing with survivor's guilt. I documented notes and audiotapes to retrieve all information from the participants. There was a debriefing period with the participants to follow up with any questions between myself and participants and to ensure the accuracy of information. During this process, I was able to provide the participants with contact information regarding any questions and comments about the study. I was sure to thank the participants for their time.

Data Analysis Plan

I utilized a generic qualitative design to collect and analyze the data. The data were collected through audiotaped interviews where the participants described their experiences. During this process, I took notes and categorized the information that was given throughout the interview process. I was skilled in interpreting data as they were described and collected (Kahlke, 2018). I focused on the reduction process throughout the research to achieve the purest form of descriptions (Kennedy, 2016). I preserved the spontaneity of the subject's experiences while collecting descriptions (Lambie et al., 2014). IA was utilized to analyze the repeating patterns, and thematic analysis with CC was utilized to analyze and compare data as they were collected (Percy et al., 2015). IA allowed me to read through textual data and identify and code emergent themes in the data (Braun & Clarke, 2021). CC allowed me to become familiar with the data, read and reread the transcripts, generate initial codes, organize the data in a meaningful and

systematic way, search for themes, organize the data into themes, review themes, identify and code significant themes, define themes, refine themes and what each theme was about, and then complete the write up and report findings for the dissertation (Braun & Clarke, 2021). Interpretive descriptions permitted me to utilize concurrent, constant comparative methods, and iterative methods to generate a broad understanding of the data (Kahlke, 2014). Therefore, the most usual source of data was the verbatim transcripts of audiotaped interviews.

I was able to undertake a period of reflection and intuition to produce an initial descriptive account of the concept (Percy et al., 2015). Reflection was in terms of personal experiences, knowledge of the literature, and data from previous studies (Kahlke, 2017). This form of reflection allowed for a logical, systematic, and coherent resource to perform the analysis and synthesis needed to arrive at essential descriptions of experiences (Kahlke, 2018). These factors helped me to shape my interpretations of the meaning of data and how I used this information to set themes. These strategies were appropriate in that they allowed the collection and interpretation of the data process to flow smoothly and shaped the study in a way that advanced the knowledge and concepts of the study. I was the instrument in this study. I collected the participants' information and transcribed the data using themes. Organizing the data allowed me to create a framework to define and code the data. I identified recurrent themes and attempted to notice patterns in the data. I then interpreted what was meant in the data by transcribing the experiences.

Issues of Trustworthiness

Credibility, Transferability, Dependability, and Confirmability

In research, credibility, dependability, transferability, and confirmability are all factors that lead to the enhancement of the data analysis process (Jones & Donmoyer, 2021). It was critical for me to assume the role of exploring all aspects that would enhance the data analysis process and lead to the positive implementation of techniques in qualitative research (Roberts, 2014). One of the most critical and key components of research is the analysis of data (Kahlke, 2018). In this process, I identified any biases and validity threats that were specific to this study (Connelly, 2016). The triangulation process allowed me to address any of these concerns (Shufutinsky, 2020). In this study, data triangulation was used to assess a variety of information collected through semistructured interviews. Data triangulation allowed me to cross-examine data collected from more than one data source (Carter et al., 2014). Triangulation guided me to improve the rigor of the analysis; by assessing the integrity of the inferences drawn from more than one vantage point (Stahl & King, 2020). Triangulation also allowed me to utilize two or more data analysis tools to assess the data; this strengthened the trustworthiness of the findings (Connelly, 2016). I used triangulation in this study to ensure that the data collected were rich, vigorous, comprehensive, and well developed (Jones & Donmoyer, 2021).

The researcher being the main instrument in qualitative design is critical due to the biases and other personal experiences that could hinder the research process (Amankwaa, 2016). I did not allow my biases to interfere with the interpretations of the

data, which might have caused validity threats (Morse, 2015). I checked for the accuracy of the findings and ensured consistency across the research project (Creswell, 2014). Two critical concepts that increase the likelihood of adequate data and elimination of validity threats are representation and legitimation (Leech, 2007). Representation allowed me to extract adequate meaning from the underlying data (Leech, 2007). Legitimation expands on the trustworthiness, credibility, dependability, confirmability, and/or transferability of the inferences made (Leech, 2007). Using multiple data analysis tools helped to triangulate data and ensure credibility, dependability, transferability, and confirmability. I utilized journaling to ensure the quality of the data (Shufutinsky, 2020). Journaling allowed me to document my role, triangulate data, and act as a precise communicative tool between myself and participants. The understanding and utilization of the credibility of scholars' research practices are significant to the growth of the qualitative research tradition (Cypress, 2015).

Ethical Procedures

I completed the Institutional Review Board (IRB) application, submitted it, and received approval before beginning the data collection process. Protecting participants was a crucial part of the research process that involved me making careful decisions on approaching participants and our relationship throughout the research process (Hopkins, 2007). Ensuring all participants understood their rights and how informed consent worked was critical to the initial encounter with research (Lloyd & Hopkins, 2015). Informed consent helped to inform participants of any potential risks and the benefits of being a part of the study (Andanda, 2005). Speaking with the participants individually

regarding their participation was imperative because they have rights, and I had to follow certain ethical guidelines and procedures. Making changes to the sampling plan could change how participants were protected (Gaasedelen, 2016). Therefore, ensuring a code of ethics was followed in the sampling plan ensured participants' protection. I utilized the informed consent, solicitation, and debriefing forms to ensure ethical procedures were followed (see Appendices A and C).

While involving human subjects in the research process there was considerable information that was addressed before beginning the process (Petrova et al., 2016). According to Haverkamp (2005), the qualitative method presented an ethical landscape which required ethical principles and standards followed throughout the research process. Ethical decision making became a major part of the research process and was a major source to guide the overall process. I considered confidentiality, privacy, and other rights of the participants (Gaasedelen, 2016). Minimizing the risks of the participants was critical to protecting these individuals (Loyd & Hopkins, 2015). For instance, I was sure to incorporate the inclusion and exclusion process. This process allowed me to define the characteristics of the prospective subjects and determined inclusion or exclusion from the study (Patrino & Ferreira, 2018). I stored all confidential information including paper documents and flash memory devices in a locked file cabinet and managed only by me to ensure secure storage and confidentiality. These ethical decisions served as a foundation to a positive research study which was critical to the data collection process and the outcome of the study.

Summary

This chapter included a brief description and need for the study. This chapter included the research design and rationale for the study, the role of the researcher, the methodology in which detailed participant selection logic, instrumentation, procedures for recruitment, participation, and data collection, as well as the data analysis plan. The issues of trustworthiness were described in detail to ensure credibility, transferability, dependability, and confirmability in generic qualitative research. Finally, ethical procedures were discussed to ensure the IRB process was followed and to describe the ethical treatment of human participants.

In Chapter 4, the researcher will present the findings from the in-depth interviews and the data analysis process. This chapter will cover the detailed interviews of the participants, their backgrounds, their experiences, and perspectives with immigration stress, and dealing with survivors' guilt as it relates to the deportation of their loved ones.

Chapter 4: Results

A generic qualitative design was utilized to explore immigration stress and the experiences of documented Hispanic immigrants dealing with survivor's guilt in relation to the deportation of their loved ones. This approach allowed me to investigate and examine the subjective opinions, beliefs, attitudes, and reflections of the participants concerning experiences with survivor's guilt. Semistructured in-depth interviews helped in deepening the research and understanding the perspectives of the population studied. The following research question was used to guide the study: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones?

In this chapter, I address the research setting, including where the interviews took place; participant demographics; the data collection process, including how the data were recorded; and the data analysis process, including coding, interpretation, and analysis. I also address the evidence of trustworthiness, including credibility, transferability, dependability, and confirmability. Lastly, I provide the study results.

Research Setting

Before the interview, I sent the interview questions to the participants as they confirmed participation to give them an idea of the interview process and allow them time to become familiar with the questions. This gave the participants an opportunity to ask questions prior to the interview if necessary. I requested that participants find a quiet and comfortable location to ensure privacy during the interview. Two interviews took place in a private office setting face to face. The remaining interviews took place via

video conferencing. There were no technical difficulties during the video conferencing interviews. Participants were able to interview during their scheduled time; the interviews were recorded, transcribed, and interpreted with no technical difficulties.

Demographics

All participants were Hispanic immigrants, male and female, who had experienced immigration stress and survivor's guilt due to the deportation of a loved one. Each participant had to meet specific criteria to participate in the study. The criteria included at least 18 years of age, documented Hispanic immigrant, fluent in English, and experienced survivor's guilt due to the deportation of a loved one. The participants were identified by utilizing pseudonyms to protect their identity and confidentiality. I identified each participant by their initials.

E. W. was a 40-year-old female. She was from Nicaragua and had been living in the United States for 33 years. Her brother was deported 11 years ago. J. J. was a 27-year-old female. She was from Nicaragua and had been living in the United States for 20 years. Her ex-boyfriend, who was the father of her son, was deported 8 years ago. F. S. was a 57-year-old female. She was from Mexico and had been living in the United States for 30 years. Her younger brothers were deported 4 and 6 years ago. M. M. was a 48-year-old male. He was from Honduras and had been living in the United States since 1994, experienced deportation from 1998–2000, and experienced the deportation of friends. L. C. was a 34-year-old female. She was from Columbia and had been living in the United States for 25 years. She did not have a family member deported but had experienced deportation of friends since she was a young child (see Appendix D).

Table 1

Participant Demographics

Participant	Age	Gender	Country of origin	Person deported
E.W.	40	Female	Nicaragua	Brother
J. J.	27	Female	Nicaragua	Father
F. S.	57	Female	Mexico	Brothers
M. M.	48	Male	Honduras	Himself and friends
L. C.	34	Female	Columbia	Friends

Data Collection

I recruited five participants for this generic qualitative study. After IRB approval, I posted the flyer for my study at the Latin American Working for Achievement agency and utilized social media such as Facebook, the Walden Participant Pool, and word of mouth to recruit participants. On the flyer (see Appendix A), I explained the purpose of the study, noted criteria for inclusion, and asked individuals to contact me by phone or email if interested. I received text messages from participants interested in participating in the study. I spoke with each participant before conducting the study to ensure that they met the criteria. Once this was confirmed, I sent informed consent and interview questions via email to confirm participation and so that the participants would have an idea of the interview process and could ask questions prior to the interview. I then scheduled interview times based on the participants' availability. The participants were given the option to meet face to face or by phone on an audio or video phone conference via Zoom. If those interested did not meet the criteria, I informed them that they did not meet the criteria and thanked them for their interest.

I confirmed the scheduled interviews and sent a reminder text before the start time. The participants were informed that the interview would be audio-recorded and would range between 30 and 90 minutes. I discussed the interview process with each participant and informed them that they could stop the interview at any time. I used eight interview questions to guide the process (see Appendix B). The questions addressed survivor's guilt related to the deportation of a loved one. The last question helped to dive deeper into immigration stress, which allowed the participants to disclose their personal experiences and perspectives on immigration stress.

At the end of each interview, I used time for a debriefing session (see Appendix C). I reviewed what was discussed with the participant to ensure accuracy of information. This gave the participants a chance to correct any misinformation; the information collected did not warrant any corrections. After the interview was completed, I thanked the participant and explained the next steps of the process. I informed the participants that after the completion of the study, I would type a summary of the results to share via email. Face-to-face interviews and audio or video calls were all audio-recorded. Each participant was interviewed once. The shortest interview was 45 minutes, and the longest interview exceeded the expected 90-minute duration, reaching 120 minutes; the majority of the interviews were in the range of 45–60 minutes.

Data Analysis

After completion of the audio-recorded interviews, I utilized Word document voice dictation to transcribe the interviews. Some of the information transcribed by voice dictation was misspelled or inaccurate; I manually transcribed the information when this

occurred. I read each question and listened attentively to the audiotape to ensure that the information was being transcribed accurately. This process took time to read each question and the participant's response. Additionally, reviewing the information with the participant after the interview helped in collecting and ensuring accurate information. The participants agreed to each review and ensured that the information collected was correct and I was able to move forward with coding.

Organization and data management then began. I started the process with reading and memoing. I read the transcripts repeatedly to understand the details of each participant's experience before breaking it into codes and categories. During this process, I wrote notes and journaled while reflecting on the information. According to Clare (2022), it is vital to recall and hold central the humility demanded for the clearest and most accurate understandings from the data available. When coding, I reviewed all responses from each participant and marked words and phrases that were used often by the participant. I was focused on learning the meaning of the participants' problems faced during their experiences. Some of the themes and categories that initially emerged from coding included family connections, stress from the process of becoming legal immigrants, stress from loss due to deportation, hardships of the family, struggling with survivor's guilt, dealing with death, and family support. As the analysis process moved on, some of these categories were broken down into smaller themes. I used this process until the information became redundant and I had reached the point of saturation. The same themes were being repeated, and there were no new ideas or opinions made by the

participants to create new themes; there was enough information for the study to be replicated.

In the first round of coding, I used the Comments feature in Microsoft Word to start the initial coding. Reading the data and understanding what I was reading was important; I used Comments to take notes as I repeatedly read the descriptions. I used an inductive approach in this thematic analysis process to develop an initial set of codes, allowing the data to determine the themes. This process allowed me to develop a starting point of broad codes that would later be refined.

In the second round of coding, I used a line-by-line coding process to receive a deeper understanding of what I was reading. This technique also allowed me to extract the most important information to create categories and subcodes. Line-by-line coding allowed me to re-examine and reorganize the first round of codes. During this process, I was able to rename, recode, merge codes, and recategorize the work I had done. Coding became more thorough and comprehensive, helping me to have a better understanding of the data results.

In the third round of coding, I used a Word document to highlight the words and phrases that were frequently being used by the participants. During this time, I was able to view the similarities between the participants' experiences. The participants dealt with major life changes that affected their family even more because of the absence of deported loved ones. Participant E. W. dealt with the difficulties of illness and death in her family, which made the deportation of her brother more difficult. Participant J. J. dealt with the birth of her son, which made the deportation of her boyfriend more

difficult. Participant F. S. dealt with the death of her younger brother, which made his deportation even more difficult. Participant M. M. missed the birth of his daughter due to deportation. The third round of coding highlighted the major difficulties that the participants experienced due to deportation.

In the fourth round of coding, I used the interview question "How would you describe experiencing survivor's guilt" to dive deeper into the participants' experiences and how they felt about survivor's guilt. I observed that most participants felt the need to withhold certain information from their loved ones that they thought would make their loved ones feel bad or left out. The participants had a lot of thoughts surrounding making their loved ones feel better even if it was negatively affecting them in some way. This coding helped me to identify the deeper connections that the participants had with their loved ones and how they would go the extra mile to make their loved ones feel better.

Evidence of Trustworthiness

Credibility

I used triangulation to enhance credibility. Triangulation involves using multiple data collection methods (Fusch et al., 2018). The methods included interviews, notes, and journaling throughout the research process. My encounter with each participant was documented, whether I connected by phone call, text, or email. Throughout the process, I was truthful with the participants regarding the research study. All transcripts and audiotapes were saved on password-protected files and devices. As I coded the data, themes emerged based on truthful interpretation and representation. After each interview, I reviewed the information collected with each participant to ensure the accuracy of the

information collected. Cope (2014) emphasized that the engagement of the researcher and methods of observation help support credibility. I took notes to document my interactions with the participants and my interpretation of the data.

Transferability

The transferability of this study was broad. Throughout the study, there were questions from members of other populations interested in this study and participation to have their voices heard. These individuals had their own stories to share relating to the same issues of immigration stress and experiences of deportation. Cope (2014) emphasized the results having meaning to individuals not involved in the study pertaining to their own experiences. This study is relatable to people of different racial and ethnic backgrounds; people who have migrated from different countries can relate to the difficulties of migration and surviving deportation.

Dependability

I took notes and journaled throughout the study. This allowed for self-reflection; I was able to create an open and honest narrative of my thoughts, feelings, and biases. This helped me to interpret the data based on the participants' views and not my own. I clarified the data retrieved from the participants by reviewing the information with each participant to ensure an understanding of information retrieved for accuracy of interpretation. Member checking allowed me to validate that the interpretations were accurate (Cope, 2014). I had to ensure that I had not imposed my own thoughts, feelings, and biases onto the participants' perspectives.

Confirmability

Representation and legitimation allowed me to extract adequate meaning from the data and expand on trustworthiness. The data represented the participants' responses to the interviews and not my viewpoints. I was able to describe interpretations derived directly from the data, which exemplified the findings. The rich descriptions from the participants depicted the emerging themes. Prolonged engagement and persistent observation with the participants allowed me to understand their perspectives. In-depth data analysis and repeated review of the transcripts provided a breadth of understanding of the phenomenon.

Results

The research question was the following: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? There were several themes that emerged during the data analysis process from the results of the study. Each theme helped in better understanding the perspectives and the experiences of each participant of the study. Table 2 displays the themes and subthemes of the results.

Table 2

Themes and Subthemes

Themes	Subthemes
Family connections	Family dynamics Interpersonal relationships Culture Belonging
Stress of immigration	Economic difficulties Citizenship Leaving family Lack of resources
Stress of deportation	Leaving family and friends Lack of contributing to family Poverty and violence Depression and substance abuse
Dealing with survivor's guilt	Suffering Advantages over others Negative thoughts Worry
Death of loved ones	Sadness Suffering Not able to attend burial and memorial services Frustration
Stress, depression, and substance use	Acculturative stress Survival Worry Substance use
Family support	Love Connections Culture Social supports
Giving back	Feeling guilty Understanding the need Helping others Ministry Influencing others Dedication

Family Connections

The culture of the Hispanic population is built upon the family dynamic (Garcia et al., 2022). Therefore, family connections and sense of belonging are strong. The Hispanic population emphasizes the need to put the family first instead of individual needs, the reinforcement of a collectivistic culture is priority (Jacob et al., 2022). Each participant discussed the importance of their family and what family meant to them. The needs of the family continued to emerge from the data as the participants talked about their family.

Stress of Immigration

The topic of immigration was an emotional one when discussing the perspectives and experiences. Each participant had their own story to tell, and one of the stories went like this:

> Participant E. W. “OK you know immigration definitely don't make it easy for you and they definitely don't make it cheap so there is a very difficult and daunting process that you have to have resources you have to have economical resources and you have to spend a lot of it you know any immigrant will tell you that if immigration says jump you will ask how high, if immigration tells you to hold your breath you hold your breath, I didn't even change my last name because of immigration. I was in the process of getting my citizenship and I was like I cannot, I got married and I'm like I'm already in the process of getting my citizenship outside of marriage so I can't just change my last name and you know we had seen already cases where people files get messed up things get stopped in the process. So, I had told my husband so sorry I cannot change my name right

> now I'll do it later well later hasn't come. I remember oh man the process of becoming a U. S. citizen for us was hard and long and we had to go to court we had to prove that we were productive citizens. I mean they don't even do this to citizens, we had to prove that we were not a threat that we had been good productive citizens in the United States we had to have a psychological evaluation. We had to pay thousands of dollars for the lawyer and at the end of the day, my mother was the one doing all the paperwork, filling all the forms out, and getting all the evidence that we needed."

Stress of Deportation

Deportation was an exceedingly difficult topic to discuss. I noticed deep emotions when discussing this topic. Some participants suffered a loss that heavily impacted their family and even after many years they continue to deal with the loss. One major fact is that once deported, the deportee should be deported for ten years before even returning to the United States. The participants continuously reiterated this fact. The major factor was the strain on the family once the loved one was deported. The contributions to the family once the individual was deported were lost. For instance, fathers that worked and took care of their families while the mother stayed at home to care for the children. Now in their absence, the mother must take the role of financially providing for the home and taking care of the children. This caused stress and depression amongst the family, for mothers and children.

In some cases, the mothers were working to provide for the family here in the United States and feeling obligated to send money to the deported father. According to

the participants, we must understand that many of the deported individuals face struggles such as poverty, violence, and painful living environments. Deportation makes it difficult for individuals to maintain what was once a good life, to now struggle to provide for their families. Understanding these struggles will help develop more culturally sensitive practices.

Dealing With Survivor's Guilt

Each participant had the same concept of survivor's guilt, they described it as surviving a bad situation when someone else did not. While listening to each participant it was clear that they struggled with survivor's guilt, some minor and others severe.

> Participant E. W. stated "so when you talk about one of my siblings being sent back you know up to where we left from you know it's like there's a loss, there's a suffering, where I'm still here you know enjoying or taking advantage of whatever I can in this new place that we've called our home and he can't partake of that you know he can't and what I mean is he can't make dollars, I can make dollars he can't take advantage of the freedoms and liberties of this country because now he has to live under a different governmental regime. I can work and I can have material things and I can take advantage of the beauty or the tranquility of this country than what our home country has so it's always related to negative things. There are some good things that he has that I don't have but you know he just misses out on the good things from this country".
>
> Participant J. J. stated "My perspective, you know a lot of things, I was like the phone calls he would call us every day to see how we're doing and there were

> times I just felt bad. I didn't want to tell him you know hey today we went out we did this, we went to go eat here you know even though I even felt bad for my son we talked to him and tell him like Oh yeah you know I'm here playing here, we went, mommy bought me this mommy bought me that knowing that one he can't be here too as a father. He couldn't you know be the one to give it to him you know whatever the happiness was at that time for him a toy, outing, anything I feel bad that it wasn't by choice that he's not here anymore. Then there's no way he can be here so I tried to limit what I did tell him, and I feel bad that like we can experience things here and he can't, he has his hands tied you know and as these things that we should be experiencing as a family".

Death of Loved Ones

Death was mentioned repeatedly for some of the participants. Participant E. W. experienced the death of her deported brother's wife and the difficulties of their mother's death and having to have two different ceremonies in two different countries during the COVID pandemic. Participant E. W. stated that while her sister-in-law suffered from cancer, she returned to the United States from Nicaragua for treatment. However, E. W.'s brother could not return due to his deportation. E. W. took on the responsibility of caregiver for her sister-in-law until her death in which her brother was not here to bury his own wife.

Participant F. S. dealt with the death of her younger brother since his deportation. She stated that she believes that he would still be alive if not deported. When deported, his life changed in major ways due to his life arrangements and the struggles of being

back in the country of Mexico. F. S. stated that just the thought of him still living if he was not deported affects her tremendously. F. S. stated that she is frustrated, and it is hard for her to speak about the matter.

Stress, Depression, and Substance Use

Each participant mentioned the difficulties of dealing with either stress, depression, or having problems with substance use since the deportation of their loved one. A major concern for the participants was how their loved ones were surviving since deported. They showed great concern with incarceration in detention centers, how their loved ones were treated. Once deported, the greater concern was "Will they survive once back in their homeland." The participants continued to deal with the stress of surviving themselves once their loved ones were deported, they worried about taking care of their families alone. This was specifically true with single parents having to work and take care of their children by themselves. These challenges lead to depression and substance use problems.

Family Support

The connection of Hispanic families makes it easier for them to try and stay supportive. However, many of the participants stated that as time goes on it never gets better because of the many life changes that the deported misses. Participant E. W. stated that it was difficult for her during the death of her mother because of the hindrances surrounding the COVID pandemic and trying to support her mother and her wishes before her death. E. W. pointed out the difficulties for her brother being in Nicaragua during this time and how they had to pay so much money to have a memorial in the

United States and then transport her mother back to their country to have another memorial with family there, especially for her brother that will never be able to return to the United States because he chooses not to go through the difficult process of navigating the immigration system.

Participant J. J. described when her son's father was deported as difficult because he returned to unforeseen circumstances. She stated that he had a poor living environment and he struggled to make ends meet so she worked here in the United States to send money there for him. J. J. stated that his family supported her more than her own family because she was so young when she got pregnant and most of her father's family were judgmental.

Giving Back

There are some participants who are very dedicated to giving back to their communities. E. W. stated that her family developed a ministry that would provide educational resources, healthcare resources, and other advocacy for their country. E. W. is a teacher, her mother was a lawyer, her father a pastor, and her older sister a medical doctor. Together the ministry that they created is very influential in giving back and ensuring empowerment in the community. They visit Nicaragua on a consistent basis to provide services. L. C. is also dedicated to giving back. She disclosed that she has been part of a ministry that ships clothing, school supplies and other resources to Columbia. L. C. reported that she was wealthy while living in Columbia, but her boyfriend has showed her various parts of Columbia where people are living in poverty. L. C. stated that she

was ignorant to the fact and decided to help give back to the community after witnessing the detriments of poverty (see Appendix E).

Summary

Chapter 4 described the research setting, demographics, data collection, data analysis, evidence of trustworthiness, and results of the study. In Chapter 4, the results established major themes and categories that helped me extract the main importance and meanings of the data. Some of the themes and categories that emerged include family connections, stress of immigration, stress of deportation, dealing with survivor's guilt, death of loved ones, family support, and giving back. The participants were able to be open and honest about their perspectives and experiences dealing with immigration stress and the deportation of loved ones. Participants described the difficulties of what their families experienced and how they attempted to support one another to move forward although it was and is still difficult for some of these individuals.

Chapter 5 will cover the interpretation of the findings, limitations of the study, recommendations, and implications of the study. I will review how the findings of the study will extend the knowledge to help develop culturally sensitive services for the Hispanic population. I will address the limitations of the study and recommendations for future research. I will review the implications of the study and how it will promote a positive social change in the human and social services field.

Chapter 5: Discussion, Conclusions, and Recommendations

A generic qualitative design was utilized to explore immigration stress and the experiences of documented Hispanic immigrants dealing with survivor's guilt as it relates to the deportation of their loved ones. The approach allowed me to investigate and examine the subjective opinions, beliefs, attitudes, and reflections of the participants' experiences with survivor's guilt. Semistructured in-depth interviews helped in deepening the research and understanding the perspectives of the Hispanic population.

During the analysis of the data, seven themes emerged. These themes include family connections, stress of immigration, stress of deportation, dealing with survivor's guilt, death of loved ones, stress/depression/substance use, and family support.

Interpretation of the Findings

The results of this study confirmed previous research regarding immigration stress and the effects that deportation has on the family unit. This study confirmed several topics involving how culture influences family connections, stress on the deported and their family, how these stressors can cause depression and influence substance use, and how culture influences the support of family members. These findings support previous findings in relation to the Hispanic population, immigration stress, and deportation.

Immigration was significant in this study, as it described why Hispanic immigrants migrated to the United States. According to Belknap (2016), many Hispanics sought migration to have better work opportunities, reconnect with family, and escape violence. In the current study, each participant touched base on each of these topics. For instance, participants described the living conditions in some of their countries as being

below the poverty level and indicated that they were faced with many disadvantages that impacted their ability to be successful. Some participants were eager to migrate to the United States because they wanted to reconnect with their families, such as a father coming here before his family to start a better life and sending for his family later once he was established. Additionally, there was one participant who migrated from Nicaragua at an early age due to war. The participant stated, "I was born in the middle of a civil war." Her family left for Honduras and then migrated from Honduras to the United States due to her father's failing health. The family established residence in the United States hoping to seek the necessary medical support for her father.

Lastres (2020) emphasized the impossible task of navigating the immigration system in the United States. In this study, participants discussed the challenges of becoming a documented Hispanic immigrant. Seeking resources and support to become legal was unfortunately risky due to the aggressive enforcement of anti-immigration policies. One participant stated that it took her 20–30 years to become a documented immigrant. Immigrants fear inequality and negative treatment endured with the immigration process. The participants discussed the difficulties of being detained and, if deported, the 10 years of wait time to attempt to re-enter the United States.

Participants discussed the daunting task of becoming a citizen of the United States. Participants stated that legal documentation is expensive and noted the difficulties of having to prove being a productive citizen, the many court experiences, and the lack of resources and support. One participant stated,

> If immigration tells you to jump, you ask how high, if they tell you to hold your breath, you hold your breath, I didn't even change my name because of immigration. I got married and apologized to my husband because of how files were getting messed up and stopping the process.

According to Bekteshi and Kang (2020), Hispanic immigrants face challenges and the unknown to provide a better life for their families. This claim was supported by data collected in this study. Participants described their difficulties with accessing educational programs. One participant discussed her challenges with receiving financial aid for college because her family was still in the process of getting their citizenship and only had a work visa at the time. The participant's sister was repeatedly denied entry into a medical program, until finally one medical school opened the doors for her to achieve her goals and dreams.

Bekteshi and Kang (2020) stated that the collective culture of the Hispanic population makes it difficult for families to separate. This claim was supported by the data collected in this study. In this study, the participants discussed the difficulties of separating from their families during migration and the extreme difficulties of separation due to deportation. Participants mentioned the difficulties of separating from their families and not knowing about the future. For instance, they described not knowing whether they would see their families again, not knowing if they would be able to provide for their families, and not knowing what the future would hold for them as a collective.

Asad (2020b) described Hispanic communities as being at higher risk for mental health issues such as depression, anxiety, and substance abuse. This was supported by the

data in this study. Participants were open to describing the difficulties of fear-inducing anxiety, stress, depression, and substance use. They mentioned the fear of being stopped by police, the fear of separation from their families, the fear of not being able to provide for their families, the fear of accessing community services, the fear of discrimination, and the fear of deportation. All these fears contributed to stress, depression, anxiety, and substance use.

According to Guntzviller and colleagues (2020), social support networks include family, friends, colleagues, and any individual providing positive interpersonal relationship that promotes life satisfaction. This information was supported by the study. Participants identified most of their social support with family. They described their family members as the ones consistently supporting them and being there for them, regardless of time and/or distance. The participants mentioned group video calls with family members that helped them to stay connected and support one another on different levels. This confirms the culture of the Hispanic population and how members strive on the strong sense of being a part of something meaningful.

The results of the study were interpreted through the lens of RCT. RCT focuses on the response and empathetic attunement of two people (Jordan, 2017). RCT is centered on culture and connection. The results of the study were based on the participants' perspectives on immigration stress and the experiences of survivor's guilt due to the deportation of a loved one. RCT indicates that mutual relationships contribute to the growth and well-being of both individuals in a relationship. However, when this

connection is lost, the disconnection can create distress, suffering, and a decrease in well-being.

RCT helps to explain how survivor's guilt can develop after being disconnected from a loved one due to deportation. The cultural dynamics of the theory emphasize the importance of family and being a collective. RCT helped in examining the complexity of the participants' relationship with their loved ones and how the connections and disconnections influenced the quality and nature of the relationships. RCT allowed the research to go beyond the scope of intimate and personal relationships, also considering the structure and relational patterns in the relationship. This research explored one of the core tenets of RCT, to name oppressive systems and to give voice to marginalized populations (Dipre & Luke, 2020). The results of this study support this claim.

The participants used their perspectives and experiences in dealing with immigration stress and deportation to describe life when immigrating and the changes they made to adapt to the new life and culture in the United States. They used their experiences to reflect on their thoughts and feelings about the immigration process and separating from their families because of deportation, and the detriments that were caused in the process. Participants used this time to also describe the type of change that should take place to make the immigration process more feasible for immigrants.

Limitations of the Study

A generic qualitative design utilizing a purposeful sampling approach to recruit participants was used in the study. Therefore, participants had to meet specific criteria to participate in the study. Specifically, participants needed to be documented Hispanic

immigrants at least 18 years of age who had dealt with immigration stress and survivor's guilt due to deportation of a loved one. When initially approached, all the participants were hesitant because of the topic of deportation. The word "deportation" continued to induce fear and anxiety for these individuals. All participants were documented, which may limit understanding of the Hispanic population as a whole.

The study involved a vulnerable population, which influenced the limitations of retrieving information. Each participant asked if their name would be known to the public. The participants were concerned about their undocumented family members being exposed because of their participation in the study. It was a difficult recruitment process that extended over time due to the topic and hesitation of the participants. As the researcher, I had to build rapport and develop a trusting relationship with the participants to retrieve the most quality in-depth data.

Recommendations

Immigration policy is an ongoing battle fought by the Hispanic population. Further research would help to explore the perspectives and experiences of undocumented Hispanic immigrants and their fight for documented legal status. Further research is warranted to hear the voices of single mothers and single fathers attempting to survive the single-parent household. Further research is needed to understand children's experiences coping with separation from their parents and other loved ones. Further research is warranted to understand the households of mixed-status families and their struggles. An understanding of the needs for the Hispanic population to access health and community services is important to help create culturally sensitive interventions to

encourage the population to seek services. Further research is recommended to allow the Hispanic population to be heard, seen, and acknowledged.

Implications

The results of this study may influence Hispanics to be more open to their perspectives and experiences to help others in similar situations. It may provide families with an understanding of how their collective culture influences their strengths to stay connected. This study can change the delivery of culturally sensitive services within organizations. When working in organizations and in the community, human service professionals can be more open to cultural differences and diversity. The results of this study will allow counselors, doctors, and other human service professionals to see through a lens that is open to positive change and understanding differences to avoid bias.

First, there must be an understanding of the background and culture of the Hispanic population. The knowledge that these individuals were all impacted by immigration and deportation, and understanding how these experiences affected them as individuals and as part of a community is imperative. Understanding the trauma, balancing cultural differences and values, and managing the stress of living as a minority in the majority culture is critical to providing effective community services to the population. This information will help human service professionals understand how immigration and deportation affect the perspectives and experiences of the Hispanic population. The study adds to the field from a diversity and inclusion perspective, allowing the interrelation of diversity and inclusion to influence initiatives to achieve

moral legitimacy. In turn, it may enrich the diversity and inclusion in programs, organizations, and the overall system.

Conclusion

The results of this study support previous research regarding the Hispanic population and their struggles with immigration stress and deportation. The findings suggest that immigration stress affects documented Hispanic immigrants struggling with survivor's guilt related to the deportation of their loved ones. Once the participants understood that participation in the study was anonymous, they were very open to disclosing their perspectives and experiences of immigration stress and deportation.

Although their experiences were traumatic, the participants were determined to make a positive change for themselves, their families, and their community by being a part of the study. The participants in the study understood the process of immigration but did not understand why the process of immigration had to be so difficult. Sharing their experiences of separation from their loved ones was difficult, but they wanted to voice their perspectives and experiences to help make positive changes within society to benefit the Hispanic population.

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Appendix A: Advertisement

Volunteers Needed for Research Study on Immigration Stress

Have you experienced immigration stress or survivor's guilt due to the deportation of a loved one? You may be eligible to participate in a research study to help improve understanding of the Hispanic culture.

You May Qualify If You

- Are 18 years of age or older
- Are a documented Hispanic immigrant
- Must be fluent in English
- Have experienced survivor's guilt due to the deportation of a loved one

Participation Involves

- A 30-90 minute semi-structured interview process

Potential Benefits

Participating in this study may improve understanding of the Hispanic culture and promote culturally sensitive services.

This study is being done on behalf of the researcher's Walden Dissertation.

Appendix B: Interview Guide

Research Question: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? Time of Interview:

Date:

Place:

Interviewer:

Interviewee:

The research project will explore the experiences of documented Hispanic immigrants and how they describe survivor's guilt as it relates to the deportation of their loved ones.

Background Questions:

What is your age?

How long have you lived in the United States?

Interview Questions:

How long has it been since your loved one was deported?

- What did that experience mean to you?

What is your relationship (connection) to your deported loved one?

- Tell me about your connection with this individual?

What are some challenges you faced when your loved one was deported?

- Can you give me specific examples of these challenges?

What is your perspective of survivor's guilt?

- What does survivor's guilt mean to you?

How would you describe experiencing survivor's guilt?

- Can you give a specific example of this experience?

How would you describe coping with survivor's guilt?

- Can you give a specific example of this experience?

How would you describe your support system?

- What does support system mean to you?

Is there anything else you would like me to know?

Closing Statement

I would like to provide you with the opportunity to ask questions at this time. I want to thank you for the opportunity to discuss this important information about your personal experiences. This information will allow me to explore survivor's guilt in-depth and identify ways to help individuals cope with the stress of survivor's guilt. This information will also contribute to the field in ways that will enhance culturally sensitive services to the Hispanic population. I will follow-up with you in regard to the study and if I have further questions. Once the study is complete, I will reach out to you by phone to share the results of the study and answer any questions you may have pertaining to the study. I would like to thank you again for your time.

Reference:

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Appendix C: Debriefing

Thank you for participating as a research participant in the present study concerning your experiences with immigration stress and survivor's guilt due to deportation. The present study uses Relational-Cultural Theory to understand the disconnections individuals experience due to deportation.

Again, your participation is greatly appreciated in the study. If you are aware of any family, friends, or acquaintances that are eligible to participate in the study, we request that you do not discuss the study until after they had the opportunity to participate. This request will help to validate the results of the study. We appreciate your cooperation.

If you have any questions regarding the study, please feel free to ask the researcher at this time. You can also contact the Research Participant Advocate at my university at 612-312-1210.

In the event that you feel psychologically distressed by participation in this study, we encourage you to call therapeutic services at Betterhelp.com at contact@betterhelp.com or if in the local area Randolph Behavioral Health Center at 1-800-418-2065.

Thanks again for your participation.

Appendix D: Participant Demographics

Participant	Age	Gender	Country of Origin	Person Deported
E.W.	40	Female	Nicaragua	Brother
J. J.	27	Female	Nicaragua	Father
F. S.	57	Female	Mexico	Brothers
M. M.	48	Male	Honduras	Himself and friends
L. C.	34	Female	Columbia	Friends

Appendix E: Data

THEMES	SUB-THEMES
Family Connections	Family dynamics Interpersonal relationships Culture Belonging
Stress of Immigration	Economic difficulties Citizenship Leaving family Lack of resources
Stress of Deportation	Leaving family and friends Lack of contributing to family Poverty and violence Depression and substance abuse
Dealing with Survivor's Guilt	Suffering Advantages over others Negative thoughts Worry
Death of Loved Ones	Sadness Suffering Not able to attend burial and memorial services. Frustration
Stress, Depression, and Substance Use	Acculturative stress Survival Worry Substance Use
Family Support	Love Connections Culture Social supports
Giving Back	Feeling Guilty Understanding the need Helping others Ministry Influencing others Dedication

Appendix F: Transcripts

Research Question: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones?

Time of Interview: Date: 6/20/2022

Place: Office

Interviewer: Fallon Wall

Interviewee: E. W.

The research project will explore the experiences of documented Hispanic immigrants and how they describe survivor's guilt as it relates to the deportation of their loved ones.

Background Questions:

What is your age? 40 years old

How long have you lived in the United States? 33 years

Interview Questions:

How long has it been since your loved one was deported? 11years

What did that experience mean to you?

It was difficult it was sad, it's because I knew that you know my brother was going to be separated and not be able to participate in the things that we do here. I knew that he had a safe place to go to back at home just because my parents had a home there for him but it's still sad.

What is your relationship (connection) to your deported loved one?

Oldest brother

Tell me about your connection with this individual?

Relationship to him, with him he's a little bit older than me about 12 years older than myself.

What are some challenges you faced when your loved one was deported?

My mom was sad you know to be separated so just seeing the suffering of my mom and dad, I think it affected them more than me directly. Also, indirectly affected just you know we're a very close-knit family so, especially during holidays to be together any kind of celebration so just the fact that he's by force couldn't be with us made it difficult. Having to Skype or see each other just through video to say hello or Merry Christmas hope you're doing well you know that's just not us as a family we like to be together we know Christmas and New Years is always a family affair so it's always that sadness in my mom's eyes even more than my dad maybe as a woman she showed it more than my father.

Can you give me specific examples of these challenges?

So uh more specifically two challenges that we face recently within the last three years would be the death of my brother's wife and the death of my mother. In the case of his wife she had gone to Nicaragua to live with him since he couldn't be here but being an American citizen she still had her retirement from the United states, she had received disability so she had her retirement from here and she had all her medical care here in the United states so when she developed cancer in Nicaragua and she had to come here to the United states to get that treated it was about a two year process. I mean a tremendous challenge that you know this deportation of my brother created was that you know by the

fact that they weren't here they had to come and basically depend on us to take care of his wife, my sister-in-law. I ended up becoming her caretaker nothing that I would have ever wanted to do but it was the situation had pushed me to have to do it because you know being my sister-in-law being the wife of my brother, I couldn't turn her away I couldn't say no I'm not going to help you in your time of need and so I had to you know provide for her care for her and even at the very end when she really got very sick and was in her deathbed. We tried to seek for mercy visa for my brother to come and be with her in her final days and it was denied it wasn't given to him and so I that was my very first experience with death having to hold her hand and having to be with her as she you know transitioned from life and you know having to be the person in the middle bridging the gap. I'm standing in the gap for my brother you know and just being the person who was always there putting the zoom call so that she could see him and that he could see her and as she was passing you know putting him on the phone to talk to her so that was a very extreme hardship. I would consider that an extreme hardship in my life caused by the separation caused by deportation you know the effect of deportation in our life a second one and even more recent one was the death of my mom you know my parents had always told us that because they often traveled between Nicaragua and the United states since they have legal status and can travel they had always said you know wherever we die you're gonna bury us and so a year and a half ago when my mom passed away here in the United states we were faced with the reality OK where we're gonna bury mom you know mom passed away here in the United states we were faced with the reality OK where we're gonna bury mom you know and looking at the reality that my brother you

know could not come to the United states to her burial you know I mean he wasn't even able to come to see his own wife die at the hospital my dad made the executive decision that we would take the body to Nicaragua to bury my mother in Nicaragua so that my so that my brother could be present in the funeral and not have him have to live through. Which he actually did he, he saw his wife die through the phone and he saw his mother die through the phone he wasn't able to be with us in my mom's room as she passed away the way myself and my other two siblings were able to do that so we you know we had to do double payment of funeral homes and we have to you know pay thousands of dollars to transport her body in the middle of a pandemic, COVID. When it was time to take her down to Nicaragua and we, I mean it was my dad, my sister, my other brother, my husband, myself, we ended up paying you know at that time for some reason the only airline available was Avianca is the only airline permitted in Nicaragua so we have to pay the $1300 to fly uh to Nicaragua extreme you know plus pay the $500 for COVID testing so it was just thousands of dollars extra just so that we could give him the I don't know how to call it, it's not the satisfaction but the opportunity to bury his mother you know I'm not give him that extra trauma so that was another hardship you know that we had to live due to the deportation or his deportation. I traveled with his wife's ashes when we went to bury my mom to yeah I took her to him yeah took her to him so she died and it wasn't till a year later that I was able to take the ashes to him because I couldn't send her by mail. I traveled with my sister-in-law ashes to my mother's funeral, I had to carry her and it's in a travel or that it can be opened and so they do check her probably stayed a little bit in both airports I say past luggage you know take your luggage they grab it and then they put in a

little like paper that seems like there's any there any recipe for bomb you know 'cause it's just ashes yeah and once they see that there's no residue for any explosives then you know they pass it so the question was like Oh my God what am I supposed to do Nicaragua yeah I just passed her, I put her, plopped her box in with my luggage and just as soon as it passes I was like let's go let's go let's go I grab my bag I grab the box and I walked away I was like Eric if they stopped me and my cousins like they stop you tell him is your mother now you're here to bury your mother I was like oh my God I'm sure he was glad to receive.

What is your perspective of survivor's guilt?

I don't know what the technical definition of survivor's guilt is so I'm going to take it as what I would define it as you know where somehow there's one individual who made it or one individual who survived something and another one or a group of other people didn't um so that's how I'm interpreting it.

What does survivor's guilt mean to you?

How I connect the idea with the concept of survivor's guilt to my brother being deported.

How would you describe experiencing survivor's guilt?

Sad, frustrating.

Can you give a specific example of this experience?

I think a constant immigrant and I'm being very broad with this, but you know somehow an immigrant leaves their country because they need or are seeking something different than their own home country can provide and in the case of my family we left because of a war and then we came to United States seeking refuge from a war but also seeking

medical attention. Then we decided to stay here because we were being prosperous here so the reward of sacrificing our home country to stay here you know was greater the rewards of staying here was greater than the loss of our culture and our family and our country so when you talk about one of my siblings being sent back you know up to where we left from you know it's like there's a loss, there's a suffering, where I'm still here you know enjoying or taking advantage of whatever I can in this new place that we've called our home and he can't partake of that you know he can't and what I mean is you know he can't make dollars, I can make dollars he can't take advantage of the freedoms and liberties of this country because now he has to live under a different governmental regime you know then what I live and you know here I can work and I can have material things and I can take advantage of the beauty or the tranquility of this country than what our home country has so it's always related to negative things you know 'cause there are some good things that he has that I don't have but you know he just misses out on the good things from this country.

How would you describe coping with survivor's guilt?

Having family and friends around me.

Can you give a specific example of this experience?

So how would I describe coping with survivor's guilt and I'm sure everybody has different experiences and different ways and different coping mechanisms. I think for me in particular or personally, I might do a lot of the wells such as life kind of attitude uhm you know given that my brother even though it's hard and has caused hardship to my family he didn't have to go back to a horrible situation in our home country so that that

diminishes some of the guilt or some of the suffering knowing that he's still OK. It doesn't take away the separation the pain of separation you know and the pain of not being able to share life with him except for the video and phone phone calls but I maybe me on the personal I just kind of take it as well God that was life you know like God it's what happened, and you push on you keep going and make the best of what you have. Make the best with what you do have.

How would you describe your support system?

So, as far as support I definitely do think we work well as a family both immediate and extended family you know there's been times when my brother has been sick and we've had to send medicine to him. Definitely when his wife was sick and we had to send medicine if there was a cousin that was traveling or an aunt that was passing by the United states heading back to our home country we would send things to him anytime we travel we take things to him you know I'm always buying him he's always asked me for Tshirts and shorts for me to send him shirts and shorts so we just continue being a family network of support. We know that he’s surrounded by cousins and aunts so they give him support down there, here you know we just this is all about the family unit I guess uh you know being together and uh you know for my mom being strong for my mom and dad showing them that we are successful here, that we're happy, that we're flourishing, us here and helping them you know they're older so helping them with technology just to stay in contact with my brother and seeing what's happening with him over there so yeah that constant connection we use especially you know technology kind of facilitates that.

What does support system mean to you? Is there anything else you would like me to

know? Um I mean about survivors guilt I'm not 100%sure I think we've covered all the basis for survivors' guilt, I mean we can talk about a little bit about immigration stress just the difficulty was to become legal in this country. OK uhm you know they definitely don't make it easy for you and they definitely don't make it cheap so there is a very difficult and daunting process that you have to have resources you have to have economical resources and you have to spend a lot of it you know any immigrant will tell you that if immigration says jump you will ask how high, if immigration tells you to hold your breath you hold your breath, if immigration you know like I didn't even change my last name because of immigration. I was in the process of getting my citizenship and I was like I cannot, I got married and I'm like I'm already in the process of getting my citizenship outside of marriage so I can't just change my last name and you know we had seen already cases where people files get messed up things get stopped in the process. So, I had told my husband so sorry I cannot change my name right now I'll do it later with later hasn't come you know I remember oh man the process of becoming a US citizen for us was hard and long and we had to go to court we had to prove that we were productive citizens. I mean they don't even do this to citizens we had to prove that we were not a threat that we had been good productive citizens in the United States we have to have a psychological evaluation. We had to pay thousands of dollars for the lawyer and at the end of the day, my mother was the one doing all the paperwork, filling all the forms out, and getting all the evidence that we needed. We had to travel to Atlanta we went with the whole van of people that were there to show support that we were good people you know and though and in under my opportunity or my case I was here legally, I wasn't here at

what we weren't given political asylum we were given work visas and so since I was seven years old I've had a work visa and so every five years I had to renew my work visa so here I was a child taking a picture for a work visa. Which obviously I wasn't working my parents were but that was the that was the roundabout route that was taken to give us access to come to the United States but with that visa also meant that we could not leave the United States so that definitely was a lot of hardship for my family. My mom who had all her sisters she knows I didn't I grew up without cousins without grandparents because they were in our home country. So, I had my mom, dad, and three siblings, but I'd never had cousins. I never had grandparents, I never had and uncles so I don't know what that means to go to relatives houses you know because there's just no relatives around here uhm so and then you know just to know that you know if my mom wanted to go see her mom she couldn't you know she took a risk when my mom when my grandmother died to take she actually died here in the United States and she took the body back to Nicaragua and back in the days she could kind of slip in and out of the United states a little easier so uh so she came back in she actually told them in immigration. When we were getting our citizenship that she left to go bury her mom so whatever you know people do what they need to do but yeah so just the process was not an easy one and I remember going to college and you know I couldn't apply for any assistance I've never had assistance you know I wasn't born in this country so it's not like I had any kind of aid you know and so I remember going to college and saying listen I'm a good student I wanna study, I'm a good soccer player, but I can't get fasfa. I can't get any you know government support so trust me invest in me and you know thank God

opportunities were opened but like my sister was she got denied to medical school many times 'cause she didn't have a green card we only had a work visa so she wasn't allowed to get into medical school until finally one medical school opened the doors to her and you know after she was like listen this is my calling you know and this is what God has made me to be. There's so many people want to be doctors for so many reasons and this is these XY and Z are the reasons I wanna do it and isn't possible that just because of my status which is not illegal you know it's legal status you're not allowing me to go to medical school so that was hard for her to go to get into medical school then again for me to study. I went on a scholarship and institutional scholarship basically 'cause that was the only way I could get it was either from the institute and that's it you know never had any I grew up not going to the doctors not going to dentist 'cause we didn't have any insurance. You know and I grew up just in unknowing that my parents were professionals but because of being here as immigrants they just have to work whatever job they could find at the time. My dad basically just kind of settled down in a factory putting have to work whatever job they could find at the time. My dad basically just kind of settled down in a factory putting thread in the highland mills where they do pantyhose is for women. I think now they have it as a food court I forgot what that food court is called and my mom you know she wanted to do she had a little bit more ambition and she didn't want to stay in labor. I don't know how you call it like blue collar work so she did start the first the first Spanish newspaper in the city, she did work as a Spanish teacher, she worked in the factory for a little bit I remember as a family we cleaned apartments, not apartments but offices at night time. We would go and clean offices and she did clean her doctors house,

I remember going with her to clean the doctor's house and she worked for the airport security so she did a lot of jobs but definitely I would say the one that was the closest to her actual level of education and experience was being the owner and editor of the first Spanish newspaper in the city. So, yeah I mean being an immigrant it's stressful you know and I can only imagine being illegal that adds a different stress to it yeah. I was a child in my other country I mean it's hard for me being so young so I don't have a lot of memories and I know that I was born in the middle of a civil war in Nicaragua but I didn't come to the United States because of the war, I actually migrated our family migrated across the border to Honduras and we lived in Honduras a year and a half two years. OK we actually came to the United States seeking medical help for my dad who was sick and because we had visas my mom was able to get us visas before we left Nicaragua she was able to get an audience with the embassy the American embassy she got us visas and we used them during the time that my dad was sick and that's how we were here. I mean my brothers and sisters definitely have a different experience than I do 'cause they did get to experience more of the good old days we wanna call them like that you know and I just kind of live vicariously through memories through their stories yeah.

Interview Guide

Research Question: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? Time of Interview:

Date: 6/23/2022

Place: Office

Interviewer: Fallon Wall

Interviewee: J. J.

The research project will explore the experiences of documented Hispanic immigrants and how they describe survivor's guilt as it relates to the deportation of their loved ones.

Background Questions:

What is your age? 27

How long have you lived in the United States? 20 years

Interview Questions:

How long has it been since your loved one was deported? Eight years

- What did that experience mean to you?

  It was stressful it was a lot of emotions at once because he was my significant other at that time. I had a small child he was going on three, and he was the main income of the household, and the father of my child a lot of emotions. I guess you don't know what's going to happen now he's not here you know it's going to be a lot. Also, you know I know his situation over there economically was not great either so it's like a lot was going to follow me and my son was from one day to another didn't have his father to figure out what you know next month rent also help him you know what's going to happen to find a job everything. I didn't have a job or anything at the time, so it was just like from one day to another he's heading out to work and he's gone you know so it was straining emotionally a lot.

What is your relationship (connection) to your deported loved one? Boyfriend and son's father

- Tell me about your connection with this individual?

Well, he was the father of my son you know we had been together about three years or four years at that time and we were you know I guess we say in the honeymoon phase of the relationship. We were trying you know with our little son of everything of all of our plans for the future and when things went South it was you know sort of hard but still at had the connection with him you know at that time. I was crazy in love and didn't think anything bad was ever going to happen you know we had our little family and everything was great, yeah struggling you know was young kids having kids but we were doing our best trying to raise our son and have our little family. Everything was great and in my eyes you know everything was going how it should that I had a good relationship, everything was strong and then this happened. It was like I was left like it was like a big shock, it was like you know what do I do, I'm 18 years old with a kid and then when I was like nineteen it was like a big scare what am I going to do but it figure it out.

What are some challenges you faced when your loved one was deported?

Well the big first scare of the challenge was like every mom, you know when you remember so well you know I was first scared about my son because he doesn't have his father anymore. It was the first thing I thought, like I grew up without my father so that's the thing I never wanted for him. My father also was I guess you'd say deported and he did his voluntary deportation, but he was quoted also and can't come back to United States. So, I knew what was going to happen at least minimum was going to be ten years and he couldn't come back you know so my son was going to be a teenager next time he

saw his father. I never thought you know at that time at that point like oh I'm going to go to Central America you know like I'm just thinking here is my life is here my family is here and he's gone. I'm here with little baby you know so and then it'll be everything starts flowing up OK so now what are we going to do you know income wise 'cause he was the only income source at that time and it was just lot of challenges. Also, of him being you know in the detention center and you know him calling me telling me this story so you know how he was there you know I felt like with my hands tide like what am I, I can't do nothing for him I didn't have the means to be also giving him, putting money on his commissary nothing. I know we did things that he couldn't get at that time because everything was any little money in was for our household and then the emotional toll of getting the phone calls paying for those phone calls and my son asking where his dad was everyday he's waiting for him to come home and just from one day to another having to explain to him that he can only talk on the phone with him for a little bit and I couldn't even go visit him he was in another state. When they finally sent him to the immigration detention center and it wasn't in the same state and challenge after challenge once he got there it was a lot, everything was money with them and everything was you gotta pay days yeah a lot to handle. I guess that's that young and unstable and then after the money thing it was like you know the emotional toll at times I found myself mad at him because like why didn't he get the reason that was because of traffic stop at first and you know I would get mad at him like why didn't you stop correctly. Like it's not his fault but you know everything, I would get mad, I get sad, I would tell him be strong and in those times I would tell him like just do the deportation go ahead, like pretty much almost like

a give up and then it was like every other day it was a different emotion. It was hard, it was sad, man everything you can do everything you could think of and you know think of just uncertainty was the big thing. I didn't know what was going to happen the next day and that's what scared me. The biggest challenge I had during his detention at the time that at the detention center and then once he got deported over there is like it's a whole other problem. Now he doesn't have money to live over there and like I have to send money, they come here to send money home and it's like OK now I have to send money 'cause I feel like you know I'm his girlfriend, like he doesn't have money so they eat over there to have anything over there and it's like not only him he was the one who was sending money to his family over there so now it's like I gotta send money for him and his family and I gotta you know figure out my stuff here and he would never push me or anything, but I just knew his situation so I felt bad I felt like I gotta do it 'cause I know he was the one who was doing it so now nobody is doing it for his grandmother and stuff. They don't have an income so it's like my little income I gotta figure out for my household here and then also send for him you know so it was hard many challenges.

What is your perspective of survivor's guilt?

- What does survivor's guilt mean to you?

  My perspective, you know a lot of things I was like the phone calls he would call us every day to see how we're doing and there were times I just I felt bad, I didn't want to tell him you know hey today we went out we did this, we went to go eat here you know even though I even felt bad for my son we talked to him and tell him like Oh yeah you know I'm here playing here, we went, mommy bought me this mommy

bought me that knowing that one he can't be here too as a father. He couldn't you know be the one to give it to him you know whatever the happiness was at that time for him a toy, outing, anything I feel bad that it wasn't by choice that he's not here anymore. Then there's no way he can be here so I tried to limit what I did tell him and I feel bad that like we can experience things here and he can't, he has his hands tide you know and as these things that we should be experiencing as a family you know these are outings or birthdays are the parties you know and then on the other side of another part of it was like you know also like I don't wanna tell him I'm doing all this you know having great time when I don't have the money to send for him. Also, it's like close family for this it's like it was just a lot of I guess you'd say it's not my fault that he's gone but I felt bad that like I can't do anything and then it's like I can't stop my life either you can't be here and but I feel like also like it's my job now to do what he was doing before he got deported. The supporting and maintaining and helping his family and then our goals and everything so it's just hard, he's gone and what can you do, you can't stop, and you know everything be sad all the time.

How would you describe experiencing survivor's guilt?

- Can you give a specific example of this experience?

I felt I would try to sort of hide sometimes the good times that we had together and like don't tell Papi this, don't tell Papi that 'cause he's gonna feel bad, but I can't stop my son growing up and take everything away from him. The happiness or I would also try to sometimes to buy his happiness when he was little because his dad, I was always like sometimes use an excuse so like I'm taking him out, I'm buying him

everything he wants because he doesn't have a dad and it's like but then it's like but you guys have a dad and I would be mad at his dad because I'm like you know you're supposed to be here, you're supposed to help us, you're supposed to, but it's not his fault. The thing is like but you should have done the stop, you should have you know you think also and then in the beginning of everything before I met him in his immigration and him immigrating here I'm like you should have done it the right way and then it's like you should've waited, he should have, it was just I would blame him for a lot of things that were out of his control and then I would blame myself for things out of my control and it was just I guess you know a lot of it was craziness emotions you know every conversation was something else and it was hard, it's hard all of it still to this day.

How would you describe coping with survivor's guilt?

- Can you give a specific example of this experience?

Still trying to find I guess that's it could say I haven't 100% coped with everything 'cause I'm still raising my son and you know he's not here so that's the big thing, but hoping you know I would try. The big help now with WhatsApp is the new application that I could at least video chat him now the important things in our son's life. After everything that happened, we separated because we weren't going to carry a long-distance relationship, so I had to learn how to go through that. A lot of people are like why you don't go over there I'm like I can't raise my son in a third world country and that wasn't a choice, and he can't come here so. Not only did we have to deal with deportation it was a big strain on our relationship it was like to the point that we separated after a couple months of him

being over there about six months it was like he said I'm not going back anytime soon you're not coming here so why continue a relationship. So what we would do is just talk for my son so like he was my little family. My mind was ripped away from one day to another, I had to learn how to deal with everything all because of his immigration status. When that shouldn't matter you feel like you go out there, break up right if anything it should be for other reasons in your relationship not because of an immigration status. Family can't be together and so I had it hard as though I guess you could say coping helping my son go through his emotions of not having his father. All of the little things in school like Father's Day things like that when they say don't answer that and stuff like that it's like I've had to learn how to talk with him a lot explain to him the situation explain to a child what immigration is, what deportation is, why what have you know different things that kids shouldn't have to know. So I had to learn just how to talk with him and together he's been I guess you say he's been my little one that's helped me through it 'cause if I see him if he's doing good and he's emotionally doing good and he can deal with it then I can deal with it. That's his father and so I'm like I find the strength in him and he helps me and together with we went through it and we're still going through it 'cause every day with him just now Father's Day passed and my people don't know so sometimes they'll tell him like oh you know give this to your dad letters from school or they'll do little cards and things like that and if he stays quiet 'cause he's like he's not going to tell them all "my dad's not here" so just talking a lot and telling him one day we'll go because thankfully we have the opportunity to go and come back and his family will go over there and visit with him and he'll have him but just having the that

hope of soon he'll be with him again and talking to him a lot of talking a lot of trying to understand. I have things that I don't understand myself or why it happened and the immigration laws and having to follow the immigration laws and everything is another thing 'cause I'm like I want to learn the different developments that's happening and things because something can change and the law that maybe he can come, also when my son turns of age he can ask for him to come and think so just having that little yeah I guess in Spanish is awareness bonanza he would say yeah I hope that soon that immigration laws can move favor being able for him to get a visa to come, I'm like I don't want go into so much of what the political part of it but a lot of it has to deal with that it's like what's going to happen immigration laws wise, politically and just having that help. I guess that's what it, just trying to talk to my son and going through every day just trying to get to the next day to the next milestone in my son's life

How would you describe your support system?

- What does support system mean to you?

Well, it's changed throughout the years at first it was my support system, I could say it was pretty strong with most of them being his family. He had some family here, he had a brother here who helped me a lot through being with my son at times, I told him your uncle is here go with your uncle he had that little connection of family, it helped me feel like at least he has a connection of his dad. So it's like it's not like it'll just be only us and only my side of family he had a connection with his father, but I be having some of his cousins some of his father cousins here and his brother. I was here and then through the years it changed, and I could say it was pretty strong and I'm grateful for them. At the

time the couple of years that I was still in Kentucky while the very first right when he first got deported and it was I'm thankful for them why it was them who helped me through telling me a lot of what he's going through over there, explaining to me things that I didn't know, explaining to me also exchange money, how we're talking right now economically wise. My father was great it was good but my son's father was this on the other spectrum of that like I know what he comes from, I know what he's going back to so you know I know that here you know we could say poor is one thing, but poor in Central America is something way different you know so I had to speak a lot to them. I was like younger, I would speak a lot to them and they would have reassure me like oh with this amount of money it's enough for him to get through with food wise for everybody in the household 'cause he went back to his grandmother's house where he was raised and that's who he was helping. So I'm like I had that that feeling of like you know Oh my gosh, I gotta send X amount but it wasn't that that was needed because it's a lot cheaper lifestyle over there and that money exchange of how it is so having them explain to me and share me like don't worry like you getting $50 like that's more than enough. So I wasn't as scared or felt bad feeling like I'm not doing enough, so it helped having them explain to me how the lifestyle is over there and also just a lot like OK he's working now in this place he's making this amount like you don't worry like you know he's OK he's my brother, he's strong and I was at first all scared like Oh my gosh almost like she says like I almost started being in the streets over there but that's what I was thinking 'cause I know he didn't have the money. They explained to me even though they're poor you would say they're not starving they got their beans and rice is what their staple is over there beans

rice and eggs and tortillas and it's like $50 is more than enough for the whole family of four or five people eat for a week or two. With their staple, so it's like I'm thinking $50 as if it will buy enough for four or five people here for two weeks of food but over there then you explained to me like a lot so it calmed me and it helped me go through my anxiety of like Oh my gosh I'm not doing enough or Oh my gosh he's suffering. I would always think he's suffering but having them tell me and tell me also explain to me also like hey like he's grown don't worry, like he's going to come back he's you know he's going to do the good thing, he's still set on being with his family and stuff so at the beginning of having them was really I guess you'd say key to my anxiety of thinking that you know he's OK 'cause I was still like I said in that new crazy in love. I don't want him to suffer in anything, so I don't feel bad like I'm not doing enough but then the years changing and stuff. I learned a lot more of the culture and everything over there I went to go visit my father over there I went to go see from myself also how life was over there and thankfully my father even though he was supported also but he was in a whole other level he's yeah he spoke but she's like yeah he doesn't live life better but yeah he does, he does so it was like but I see. I went to go visit people and friends that we used to hang out here like nothing and then go see him in their household over there it was eye opening so 'cause just everything is a lot different in 3rd world country it is it's bad but the support system of having people come from there raised from there raised there in poverty and the reasons of why they came over here and then to get thrown back over there it was hard. Learning and hearing them and helping them, I mean helping me understand everything it was key to a lot of me going through and copying everything that's

happening at the time now. I could say I don't really need I guess anybody to tell me about what and how life is over there 'cause I've been but at first they were key, they helped me a lot all of his family to go through it to think of you know 'cause I would just think and imagine the worst but they were telling me yeah it's poor, it's poverty it's, it's hard but we get through it, it's struggles but then it made me feel better a lot like he's not going to die. I'm doing it and it's OK whatever I can do don't feel bad about even if I can't he's OK and having them in 'cause also how family is about he might tell me one thing like don't worry babe like I got it it's OK whatever but he might tell his brother like hey you know I'm over here it's hard it's whatever so like having his brother also telling me like I'm going to help them out this week or something. It also relieved stuff with me to help me economically wise and emotionally wise too 'cause I know like all his brothers going to give him this week, so I don't need to do that. He helped me, he would always be there to support me and help me many times even just to get by with the rent and stuff 'cause he's like that's my nephew you have there, just because this happened like don't worry like you know it was all of us together he pretty much put me under his wing like I was part of the family. Because he saw that like his brother got deported, but it wasn't like I just was like OK bye deported and he saw that I was like OK I'm going to help you it doesn't matter if you know I wanna help you because I know we're going to and so when he saw that he was like you know I'm going to help him there. His brother helped me here while I helped his brother over there and then I guess the years my support system fortunately I guess it was just friends and stuff that they tell me how life is and it just helps me in that way I could say it helps me know that sometimes he's coming back

its going to happen. I'm like I know he's going to come back, he's going to be with his son that's what's mostly his big thing about also for my son they tell him all the time,his whole family tells him like your daddy loves. He tries, he's going to come back you know it's not that he doesn't want to, so having them having his part of his family here for him having this so my son has that connection with his family is big for me.

Is there anything else you would like me to know?

My father's deportation was different from my son's father because my father went back to stability, but my son's father went back to instability and being poor. My father lives on his family's land in their home where they have maids and chauffeurs. I've always been disconnected from my father's family because they are judgmental. I got pregnant when I was a teenager and they acted like it was the end of the world. Me and my brother did not go around them much because we can't be ourselves around them. We just recently got closer to them as adults.

Interview Guide

Research Question: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? Time of Interview:

Date: 8/13/2022

Place: Zoom (Virtual)

Interviewer: Fallon Wall

Interviewee: F.S.

The research project will explore the experiences of documented Hispanic immigrants and how they describe survivor's guilt as it relates to the deportation of their loved ones.

Background Questions:

What is your age? 57 years old

How long have you lived in the United States? 30 years

Interview Questions:

How long has it been since your loved one was deported? Younger brothers, 4 years ago and other brother 6 years.

- What did that experience mean to you? Very frustrating, hard for me to speak about this because one of my brothers passed away about one month ago. This has affected me a lot because I think that if he wasn't deported he may not have passed away.

What is your relationship (connection) to your deported loved one? Two of my brothers.

- Tell me about your connection with this individual? We are all united, all close together. We talk on the phone every week. I miss him and I'm still in mourning. Everyone has been deeply affected, especially his daughters.

What are some challenges you faced when your loved one was deported?

- Can you give me specific examples of these challenges? My brother's youngest daughter was 6 or 7 at the time and she had a lot of hard times without him, she couldn't understand why he was deported. It affects the relationships in the family to be separated, everything is different. It is even more difficult because the

mother had to start working and the three daughters would be home by themselves for the majority of the day after school.

What is your perspective of survivor's guilt? Survivor's guilt is when someone feels guilty for surviving something that another person didn't survive.

- What does survivor's guilt mean to you? The things that I can do that my brothers cannot do like being with family.

How would you describe experiencing survivor's guilt? I cried a lot. It was very difficult because the family was all together, and they were deported. It was like they started back to zero.

- Can you give a specific example of this experience? My brother had a question in court and he brought the daughter to translate for him and now his daughter is dealing with that guilt of him being deported. She stated that she should have talked to a lawyer before speaking for her father.

How would you describe coping with survivor's guilt? Little by little we would facetime together to not lose their connection. I just accepted the reality that they would stay in Mexico and once I got my papers I would visit.

- Can you give a specific example of this experience?

How would you describe your support system? Family would constantly communicate over the phone and get with other families that's experiencing deportation to help cope together. Especially, the family of the brothers who were deported.

- What does support system mean to you? It would vary between family, especially the very young ones of the people that were deported.

Is there anything else you would like me to know?I was born in Mexico. I waited for 21 years to receive my green card. The fifth application was in 2001. The first application was through my sister and my sister waited 20-30 years. It is so much stress when you're driving, when police is behind you, you constantly stress. You never know when someone will get deported. You have to sit in the detention center for so long before deported and then you have to wait 10 years before trying to come back in the U.S. legally.

Interview Guide

Research Question: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? Time of Interview:

Date: 10/19/2022

Place: Virtual

Interviewer: Fallon Wall

Interviewee: M.M.

The research project will explore the experiences of documented Hispanic immigrants and how they describe survivor's guilt as it relates to the deportation of their loved ones.

Background Questions:

What is your age? 48

How long have you lived in the United States? 1994, I'm from Honduras, Central America

Interview Questions:

How long has it been since your loved one was deported? 1998

- What did that experience mean to you?

That changed my whole life that changed completely my whole life because I felt like a lot of things were taken away from me because I was not a criminal. I came to the states looking for better opportunities and maybe because I was not instructed or guided through the right sources, I made two mistakes in the process. OK, when I first came to the state in 1994 somebody told me to apply for political asylum OK, and uh I didn't do any research I just thought it was a nice way to change my status in this country. I was not going through how would I say this, see to apply for political asylum you need to be really in trouble pretty much in your homeland you need to know that's the law but I was not going through any of that, and then like I said I was not educated I was not informed properly and I fell for it so we apply for that political assignment. OK so the family where I was living when I got here to the states they were the ones that told me that we should search for legal representation you know kind of sort of and I didn't go to a lawyer's office I was not taken to a lawyer's office instead it's like a paralegal you know panel office they were doing immigration stuff but it was not a lawyers office. So they were the ones that suggested one of the best options is you are pretty young you are single you don't have any family members over here the only process to follow it should be to apply for political asylum so when

we did that in 95 OK early 95 you know the process is they started the process and I received months after maybe 2-3 months after what it was like an employment authorization you know so back then everything seems to be going in the right direction you know. I was OK so I have an employment authorization which means I can work and I have protection but there is a process to follow. After that I had to go to an immigration interview with officer immigration officer and in this office they gave me like 6 or 7 pages of story fake story you know because they wanted me to qualify they wanted me to be approved and all this stuff and this is something that many people they're victims of this because they want to fix the status you have to understand that no one wants to be illegal in this country that's something that needs to be clarified that everybody wants to find a path to be legal you know. I went with it you know so I was like OK so I just have to go through these pages over here 5-6 pages story that it was not real banks insurance events that took place and all these old that so 6-7 pages of course once I sat down with the officer you know he found the story was untruthful you know he found some OK there is stuff that I'm not so sure pretty much my case was on his hand you know he could have said OK yeah it's believable. I can see that you're going through some struggles that you are suffering persecution when your country let's approve these things instead what he did was since he did not believe my story he said well you won't have to pretty much go to before the court you have to we're going to set a date a month when you have to go appear before the immigration judge. That's the process you know the officer doesn't approve so you have to follow the process which is showing up to a court meeting

and that happened in California. OK that's very important because I first came to California, and I started a process over there. I went to that office in California they started a process over there and that year after I received my employment authorization. The Social Security card from immigration everything was legal you know it was immigration whatever they did, and they turn into immigration you know they gave me the employment authorization all the stuff so I could work legally but that didn't make that not a green card that was not a citizen, not nothing of that you know it was just an employment authorization. So, and that point I felt very confident, OK I could work I have my employment authorization have my Social Security card before I showed up to the court meeting, I'm moving from California to North Carolina. OK, the employment authorization was per year OK it was a year. I came to North Carolina I started working over here being that I miss my appointment before the judge OK and when you don't show up to that appointment the judge automatically right there and then it will always happen you know if you have an appointment before the court and you don't show up order of deportation right there and then. I missed the appointment I was already here I was working completely mistake I don't know if I've forgotten about it I don't know if it was because of whatever this office was communicating to me everything is OK we're going to take care of that you are in North Carolina we're going to go and represent you and say that you're not here with whatever in that process. I missed the order of the protection and then my employment authorization my card expired so through them OK I have that approved the morning order and everything I send them the money and they sent

the application to immigration for my employment authorization to be renewed they're immigration did send back the new card to me what I did not know it was from that when I didn't show up I did not know these automatically the judge say OK no this guy needs to be deported. I did not know that and then I did receive my new employment authorization for an extra year and I was like OK so I'm good that means that nothing happened and I'm OK with that the first employment authorization expired like I would say like it went for a 12 months it was like expired like in the first one in October or November 96 then apply for the second one which she was going to expire like that November October November of 97 something like that. The thing is that in the process of waiting or I should not say waiting in the process while my second employment authorization was still good you know for a year, I met someone who now is my wife Iris. I met her in 96 OK January of 96 and we started dating I was good with my employment authorization you know and then we got married in 97. OK May of 97 so I still had May, June, July, August September months you know my employment authorization and I completely I had already forgotten about that and she is an American citizen she's from Puerto Rico but then we started a process with my wife after we got married you know OK so you have an employment recession we went to the lawyer's office in Charlotte and in the process, there is that interview. OK that it is that you know to make sure that the marriage is that everything is in order and not OK I mean and we needed to go to the local office here in Charlotte. My wife was 7 months pregnant with our daughter Natalia. When we went to the office for the order of protection that's when everything hit us. We

were still renting back them. I got arrested right there. We had all the proof that they asked for a joint bank account, and marriage certificate, we had everything as far as documents. However, there is a problem here because if you didn't show up in 1995 in court you have to be arrested now. I spent all month of October in Mecklenburg County jail and then transferred to Atlanta and then transferred to Alabama and then transferred again to Atlanta and then sent back to Honduras. I learned to hate the system, I learned to hate the U.S. and I learned to hate immigration because my daughter was born, and I was in jail. I was away for 3 months. Immigration denied me the privilege, so I had to spend the time in jail. This is where my life changed, I was full of hate. My wife visited me so that I could see my daughter, a month later is when I came back to the States legally again.

What is your relationship (connection) to your deported loved one?

I've been deported and I've had friends deported.

- Tell me about your connection with this individual?

Some are friends that I worked with and some that I've met over time.

What are some challenges you faced when your loved one was deported?

The whole process while she went that was what my wife Iris was in the hospital some other family and friends who spent time with her. It was very hard for her but at the same time it was very difficult and hard for me because I spent 3 1/2 months in jail you know and I did make a few mistakes before she was born you know some DUI that didn't help you know especially because I had two DUI's in less than a year I used to drink a lot when I was still you know young and I spent some time in jail because of that hearing in

Cabarrus County. That was not a felony those were violation traffic violations but still it didn't look good on my record so for immigration when I apply for the TPS the person in charge of the whole district of immigration they pretty much said that I was not a good citizen you know that because of my record you know my why you say was but I was like a treat that a behind the wheel you have a record here you have a drinking problem by then I had already gone into outpatient treatment I had gone out was still going to AA meetings you know trying to get better not just because I wanted to fool the system I realized OK just this is a problem. I had 2 DUI's in less than a year. I should not be drinking and driving, I should not be drinking. I used to have a problem with alcohol not getting into fights or stuff like that but yes I was reckless and I am stupid however you want to call it I made those mistakes and I didn't hide those, you know those last record you know the police record but it was just I have always worked very hard never depended on the government and health never always paying my tax those two years that I had the opportunity to work legal and to pay taxes I was doing it. You know by the time but that was not enough that was not convincing for this person he made the decision that I was not a good citizen pretty much you know and that I needed to be deported. Actually the officer that took me to the airport you know there were deporting also some people from Nicaragua and other places in Central America and they had those people you know in handcuffs when they took it to the airport to me I was not a criminal really the guy just released me at the airport you know he said Marvin I'm so sorry that this is happening because I thought they were going to give you a break especially because of the way things are in Central America and in your homeland in Honduras. Completely

changed the structure of the whole country you know hundreds thousands of people died and I was hoping that they were going to give me a break give me a TPS some kind of status to remain in the United states didn't happen so I was very very upset and you know either and that changed me throughout the years. You know and even here recently just the fact that my daughter has become the girl that she is and she's already a teacher working for Cabarrus County system she was our owner and selected as the beginner teacher of the year last year you know she said during grounded word that has grown in church because after I came back you know here in the last probably 13-14 years ago you know I went back to church and then that's how our lives kind of like you know changed for good but anyway going back to my story. After I was sent to Honduras like three or four months after I saw my daughter and my wife I decided to come back to the states when I came back to the states, she got pregnant with our son Alejandro. OK so I'll watch already here in the process we were talking to lawyers we went back to the lawyers where OK this is very important too when I was sent to Honduras let me think I came back to the States and then while I was already here in the states immigration set up an appointment for me to show up in Honduras OK because we had to apply for what is called a forgiveness you know you have to go it's called I don't have the word right now but anyway I miss that appointment because I was already here I came back too soon to the states. I didn't wait long enough over there was it a pardon was it a pardon you should call them yeah kind of sort of but I had to go over there and and I didn't show up and I was already here so I didn't go to that meeting I visited and my wife got pregnant with our second son Alejandro now they are 23 and 21 almost 24 almost 22 my son is an NYU

student now. OK and my daughter graduated from UNC last year. OK when I came back we went back to the lawyers office here and they said Marvin because you came back and you missed that appointment and you're not supposed to be here you're supposed to be out for 10 years after you are deported. OK that was the law 10 years you have to be out that's like the punishment for entering illegally to this country everybody would get the same if you came in illegally you have to go back and wait for 10 years to be reunited with the family unless they're family moves with me. Honduras was not the place where I wanted my wife to come and live with me especially not with my youngest daughter you know so when I come back in the process following we did go to the hearing and I'm talking about remember I came back in 99 so we question 99 it was in 2000 actually when I came back. So, I went to the immigration office in late 98 yes May 98 because my daughter was born in 99 January 99, so I came back in 99 and since then we have visited a few lawyers offices and they said now there's not a chance because you came back illegally to the United States of America. OK and we had files documents of the whole process you know, and no one had ever taken the time to go through all those papers all those documents and that's very important that I say that. I'm saying this because this is going to help you to help others not to ignore and to look deep into those documents that immigration give you or turn into or exchange with the lawyers look at them very very careful because we missed something huge in my case that made the difference and I'm saying maybe the difference because until last few months because the law has changed after we got this new president and I'm not calling from one side or the other but the previous president made it very very difficult for immigrants in this country. OK and I'm

gonna send you two articles for you to read too OK because one of those articles was the one that my wife saw and she shared with me and that's caused us to look into the possibility that they might be exchanged.

- Can you give me specific examples of these challenges?

So anyway, after the law changed and I'm gonna send you these articles because this is very important this is what woke us up and stir us up again because remember I thank God in the process I gave up on the system. I gave up on everything I was like well actually following I was about to leave the United States of America for good my wife and I were pastoring a Spanish church right there is actually in the same location with procedures that he's such a good friend and they were willing to allow us to pastor a Spanish church over there. But this immigration burden this immigration law is so heavy on my heart and on me and I could not enjoy life at its fullness. You know I am out I have been an individual that here we are I'm talking about my kids are 20 years of age and I have never ever ever been able to travel abroad with them. I have never been able to go even to Puerto Rico I have been married to a Puerto Rican for 25 years and I have never gone out of the state. I have only met her family whenever we have family gatherings here in the states you know because yes we drive to Orlando FL to Miami as a family as a couple we get to travel but we could not do it abroad. I could not work legally either you know I could do the things that you know that I wanted to do so we decided we just shut the church down we're not going to continue. I want to be transparent and honest with you it was almost like the reason for us to you know stop and shut everything down stop and I'm going back to Honduras. I was at my limit I was packing my stuff

which he had created some kind of discomfort and friction and also you know some difficulties in our marriage because I was about to you know I told my wife I say baby I got to do something about this. I cannot continue living my life in the United States of America, living illegally for the rest of my life, I cannot believe my kids I work hard we have a business run a business right now it's under my wife's name I do all the work you know I don't have any food work. I have never stopped working I have found a way to you know provide and uh also to live a decent life you know here in the states not my daughter or my son have a student loans debt they don't have any of that you know we've been able to provide and uh now we not in 2000 after my daughter was born and I came back we bought a house is also in my wife's name oh and I have been excluded pretty much from everything you know I have been just a I'm just like I'm not here the system don't know about me I have never got into a car accident uh thank God for that because he doesn't take much I have never been pulled over while driving I had to work for some years I could not move I could not go anywhere I stopped working I just stayed in the house. They looking after the kids taking care of them but as a man as a provider as a hardworking man they wanted to do more than just being home and spending time with the kids and uh I didn't draw I didn't draw for many many years until I was like I can't keep on doing this. I'm gonna have to start moving around I was depending on other people to move from one place to another one and if I was doing any kind of work painting where it was hiring me will have to come home and pick me up and bring me home later on. But it got to that point where I could no longer handle it you know and I started driving and that's when I decided you know what this is what I what I do for

living I was working for a cabinet companies for many years and then I decided in 2005 to build my own and open my own business that's when I started it the business refinishing wonders you know doing what I'm doing now but going back to the story when I was about to leave the state I'm talking about months it's not days that I was getting ready to leave the state for good I did not even know if I wanted to bring my family with me. I did not know the consequences when this could have probably brought up later on maybe separation but I was willing to do whatever it takes for me to have the sense of freedom there's no matter what I was doing and trust me we know we're not rich people but we don't love them we've got what we need and my kids were already at a point where they're 19 and 20 my kids are OK so I was just waiting really for my son to finish school year to graduate from NYU you know I wanted to be the supportive father financially helping him We have never struggled financially because we find a way to work and and provide the only time the only season that we really struggled is when I was not working because of the fear of immigration the fear of being they gonna come and look for me I'm gonna get pulled over somebody's gonna hit me and then the police will come and ask for my driving license. I don't have a driving license I used to you know when I had them dictation II I was legal enough you know to have a driver license but once I was deported all those benefits got taken away. So thing is OK the lawyer never even took the time to say let's see this paper those paperwork that you have let's see all that process of what immigration did or what happened even the lawyers that we used to have here in Charlotte they knew something very very important uh that has completely changed the outcome of why I'm at right now and that is that whenever I

showed up to these immigration office in California Anaheim CA when I was pretty much saying before the court the police officer didn't believe my story. I don't believe all that he said we're gonna have to set an appointment for you to go before the judge something that they that we miss I even I missed that in many lawyers getting paid attention to it even the lawyers over in Charlotte is that my rights and all those documents were never read to me in my own language. That is huge definitely so I agree and I sign whatever they were throwing at me I was ignoring when everything changed over here you know that president Biden was setting some kind of laws and I'm gonna send you this article but she's gonna bring more foundations in what you we put together these lawyers over here in Charlotte follow office and they were like M.M. you do have a pretty good chance we're gonna have to end at first I thought well so very slim chance but at least it's something I hadn't had absolutely nothing of hope for over 20 years for somebody to tell me you know what they went through all the documents and say they even mark what they say that his rights and all these documentation were not presented to him in his own language. You say we can use now peace over here yeah this is major that's like not even reading you your rights exactly yeah you don't know and this happened when I first came to the state that happened in 95 remember that I did not have the ability to communicate or understand the magnitude of what I was signing but they took advantage of that and uh which now here we are in the present time and we are using that against them to file a petition and motion to reopen your case we won't have to send these claim to California to the immigration office in California and they will have and we'll see what they're saying it's very possible that they say active we want to hear a

little bit more or they might say no because remember I came back illegally again to the United states and people don't stand a chance really after being deported. He came back to the states that is it permanent I could go to prison after that I could be sent back to my homeland and never ever will turn to the United States of America because I came back after being deported I didn't spend the 10 years so you know penalty or punishment. I really wanna call it in Honduras but it just happened that these people in here put that a document and send it to the office in California and there was a judge from California she's a female judge that was ready to hear a little bit more about my case.

What is your perspective of survivor's guilt?

Survivor's guilt can cause depression.

- What does survivor's guilt mean to you?

Survivors' guilt is feeling a certain way about surviving something that others did not.

How would you describe experiencing survivor's guilt?

I was deported at different times from my friend and he was deported longer, leaving his wife to work and having to take his children with him back to a bad place. That made me feel guilty that I was here providing for my kids and wife and he was there struggling.

- Can you give a specific example of this experience?

OK and president Biden here last year I believe it was like in February of 21 it was against the separation of families OK he wanted to change the law regarding that you should not be separated from your wife or husband quote 10 years and then he changed that and when we saw that we were like let's just a friend of mine here in Charlotte actually he lives in Concord he's married to a Puerto Rican as well my wife is from

Puerto Rico I believe I mentioned that already she's a citizen of the United States of America and he went through very similar story and actually I might give you this information so he can share his story with you too OK and that would be very powerful because he did spend like you think my story is hard. Oh my God he spent seven years in Honduras separated away from his wife and they had two sons in common and his wife had to stay here and work while he took his children with him to Honduras. Wow he spent seven years over there I'm going to give you his information to and I'm gonna talk to him so he can share his story with you because I think between his story and my story is gonna be very helpful to you yes.

How would you describe coping with survivor's guilt?

I used alcohol for a long time to cope before I changed my life and started to pastor. God helped me.

- Can you give a specific example of this experience?

I had 2 DUI's from drinking that did not help when I tried to get legal status.

How would you describe your support system?

My family is my support, they mean everything to me.

- What does support system mean to you?

A support system is having people that love and support you.

Is there anything else you would like me to know?

I was beaten for a long time. I still I don't know if I will ever get over the hump of me missing my daughter's special day January 22nd. I'm marked for the rest of my life, I told you we got pregnant with our son Alejandro after I came back and I was able to be there

to cut the umbilical cord. I enjoyed that a lot but I could not do it with my daughter yeah so that was very hard it's still very hard whenever I think about it I'm like I could have left voluntarily you know we could have persecuted and leave the state but putting all that aside just the fact that I was about to leave the state because of and I talked to these things pastor drew before we shut down you know. I talked to him and I said pastor drew I can no longer live like this I refuse to be ignored to be abused to not to exist no matter how good life is over here it's like putting your pigeon in a golden cage and you put the food everything is in here but you're not free you trap here so I was just waiting for my kids to be mature enough to be professional and to be able to make it on their own so I could just get out of here and I do not know if I would take my wife because of the way things are in Honduras. I'm just glad that it worked out for me, in my favor.

Interview Guide

Research Question: How do documented Hispanic immigrants describe the challenges of immigrant stress and their experiences dealing with survivor's guilt as it relates to the deportation of their loved ones? Time of Interview:

Date: 12/13/22

Place: virtual

Interviewer: Fallon

Interviewee: L. C.

The research project will explore the experiences of documented Hispanic immigrants and how they describe survivor's guilt as it relates to the deportation of their loved ones.

Background Questions:

What is your age? 34

How long have you lived in the United States? 25 years

Interview Questions:

How long has it been since your loved one was deported?

I do not have a family member that has been deported, but I do have friends that have been impacted by that in school growing up.

- What did that experience mean to you?

I felt really sad because I saw the impact it made to their lives. One of my friends it was her father and he was the main source of income so the family struggled.

What is your relationship (connection) to your deported loved one? Mostly friends

- Tell me about your connection with this individual?

  I grew up with most of them, we went to school together.

What are some challenges you faced when your loved one was deported?

A lot of sadness, feeling uneasy, not being able to help, it's hard knowing when you will see your father again.

- Can you give me specific examples of these challenges?

  Struggling financially, they were a very united family, so it was very hard because it was either they all go back or make the decision to stay. The whole family was undocumented. A lot of the population has difficulty finding jobs. Even though they have degrees they still cannot find jobs because of their race. I have a friend that has three careers and it's still difficult for him to find a job, so right now he's

working as a driving instructor 7 days a week and selling food on the side and it's still not enough. He's at the appointment where he's applying for a visa to Australia because it is the only country where he can get a Visa. So, his girlfriend is an environmental engineer, and she works at a cell phone store because no one will hire her and she's helping her boyfriend sell food on the side.

What is your perspective of survivor's guilt?

I've felt it when I go to Columbia and I see the poverty that I've never seen in my life, I see it there. So, it makes me think about how blessed I am. Sometimes I complain about life situations and then I see how they have it there and it's like wow! I feel like if I have money, I'll give it to them but in reality, you cannot help everybody.

- What does survivor's guilt mean to you?

  It's eye-opening for me to realize how blessed I am and also to realize how the other side of the world can be. And to be always be thankful for what you have and to be empathetic and if you have the chance to help somebody, to help them. Also, ever since I went to Columbia and saw people starving, I don't waste food anymore.

How would you describe experiencing survivor's guilt?

I think we take things for granted and I don't waste what I have because of how I feel about what people in Columbia and other countries are dealing with.

- Can you give a specific example of this experience?

Growing up in Columbia, I was born in a wealthy family, so I was not exposed to the things that I've seen as an adult. My fiancé even mentioned to me to see how lucky I am, and he showed me places where people struggle on the side of Columbia that I never saw. It was a culture shock.

How would you describe coping with survivor's guilt?

So even before I went to Columbia what I've been doing since when I was little, all of the clothes that I don't wear anymore we never throw them out. We make a box or 2 and we send it to my aunt in Columbia to give away.

- Can you give a specific example of this experience?

My fiancé and I both do this, send anything to Columbia. So, if someone is doing any type of Goodwill event for Columbia we always try to help.

How would you describe your support system?

As far as my family, I'm very lucky, it's not perfect but I have a very supportive family.

- What does support system mean to you?

Is there anything else you would like me to know?

Now there's a conflict between the people who have been here illegally working hard and people coming from Venezuela. If you go to the border right now because there are so many issues going on, they either let you stay or deport you. The government is now opening shelters for immigrants coming in, mostly Venezuelans and other immigrants but mostly them. They are getting political asylum. They are going to Texas and the governor is sending them here to New York. So, we felt bad for some that we met, and

we gave them clothes and spread the word to help them. In the beginning, it felt nice that we were helping. My fiancé spoke to someone at the car wash to help them get a job and the person refused to do that. You can't get picky when you come here, you have to work. I have a friend that works in wardrobe in the film industry, and we helped those people, and they were not grateful. She stated that her friend was offended because of how hard he worked and seeing others coming in getting help and being ungrateful. I'm not trying to be judging but many of these people pickpocketing is from Venezuela. Everyone think it is easier here and it is not, it is a fantasy. In order to live ok, you have to work. My father used to be a business owner, he was a casino owner, and he has a lot of children, 10 in total. His partner committed suicide and so my dad had to get new partners and when he did, they were stealing from him to the point where he went bankrupt. So, we came to the U. S., and he became a taxi driver. I was 7 years old when we came here. He came mostly for his children, Thank God he came at a time where it was easier to become legal, because now it is much harder. I can tell you that everybody that lives good in Columbia they only come here for vacation. When I became a resident, I had scholarships in high school. I did not become legal until after high school. I was very active in high school; I was very active with different organizations. The Dream Act, I have a lot of friends who are Dreamers, they were able to go to school because of that. I feel like I was kind of a Dreamer at some point. I am very thankful for this country, and I feel like many others feel the same way. Many families have been able to make their dreams come true. Like a first generation that was able to go to college, so we owe a lot to this country. It's sad when families are deported, they are not committing any crimes

they just want good life. The bad ones make it hard for the good ones. I had a friend that I lost back in May, I'm trying to cope with that, it's hard. She had Leukemia, she started treating it very late, she started chemotherapy and then passed away a month later. She had not been to Columbia for 30 years. She built a house in Columbia and her dream was to retire there. She never got to see her house. She had 3 kids and 3 grandkids. She got documents for one of her kids but it took a long time. She worked really hard. She got her work permit, and she was waiting on her green card so she could travel. She lost her friend a few years ago and couldn't say goodbye because she couldn't travel.

Closing Statement

I would like to provide you with the opportunity to ask questions at this time. I want to thank you for the opportunity to discuss this important information about your personal experiences. This information will allow me to explore survivor's guilt in-depth and identify ways to help individuals cope with the stress of survivor's guilt. This information will also contribute to the field in ways that will enhance culturally sensitive services to the Hispanic population. I will follow-up with you in regard to the study and if I have further questions. Once the study is complete, I will reach out to you by phone to share the results of the study and answer any questions you may have pertaining to the study. I would like to thank you again for your time.

Reference:

Creswell, J. W. (2013). *Qualitative design & research design: Choosing among five approaches* (3rd ed.). Thousand Oaks, CA: Sage