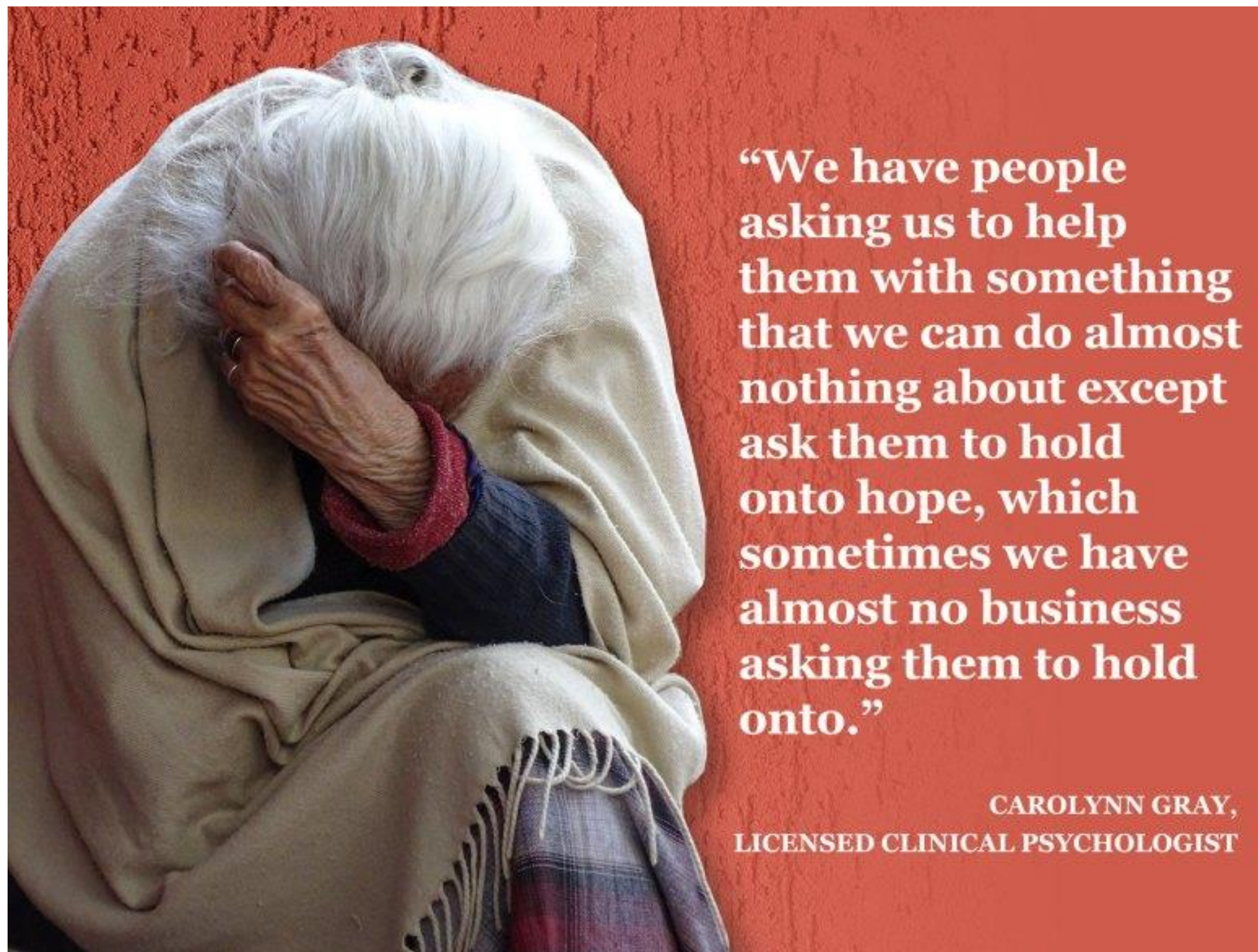


‘We’re not equipped for this’: Mental health experts weigh impact of immigration orders

Gray said the impacts of sweeping executive orders targeted at immigrants has created a mental health crisis beyond what many — especially new — clinicians have been trained to handle. Some of the clinicians Gray supervises throughout California are faced with questions like: “How do I talk to my 8-year-old about the possibility of Grandma getting deported?”



Central Coast Feels Impacts from Recent Wave of Immigration Enforcement

ICE Operations Continue While Federal Government Ramps Up Deportation Efforts

By Ryan P. Cruz
Fri Jun 06, 2025 | 4:53pm

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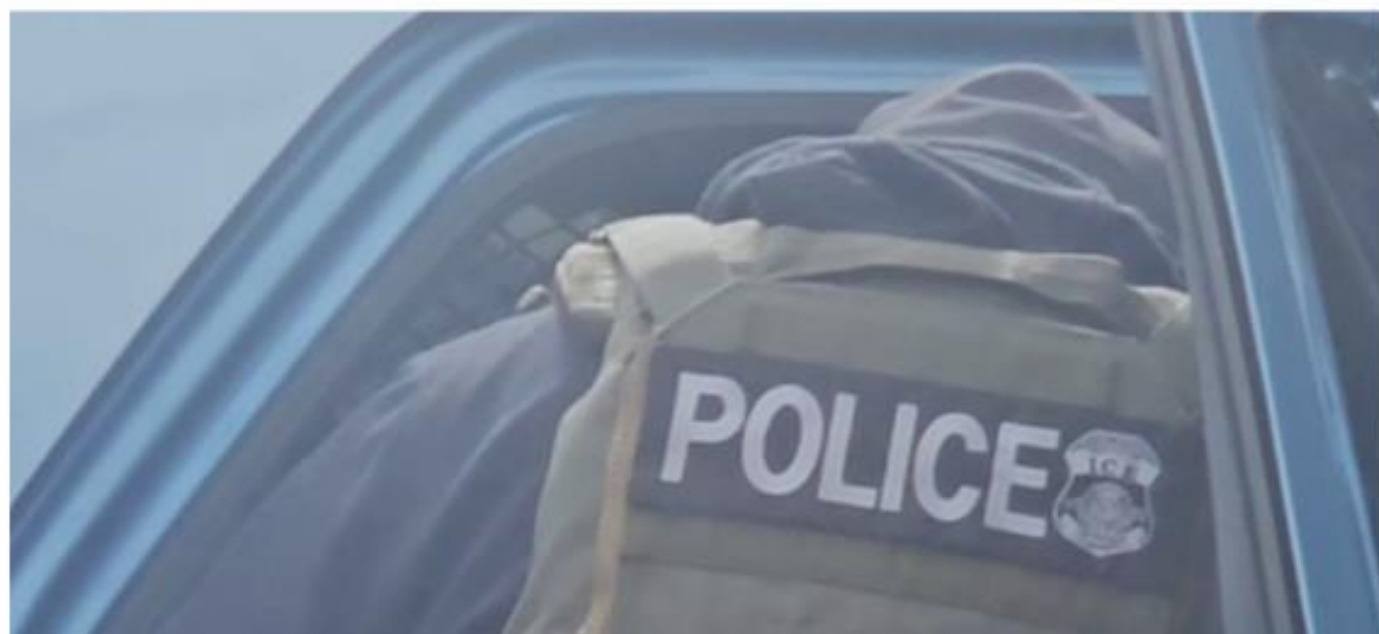


ICE Agents Spark Fear in Latino Neighborhoods in Santa Barbara and Goleta

Agents in Unmarked Vehicles Seen Taking at Least One Person into Custody Sunday Afternoon

By Ryan P. Cruz
Sun Jan 26, 2025 | 4:36pm

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LOCAL

For first time, ICE targets Central Coast farms in 'major workplace raids'

By Chloe Shrager and Stephanie Zappelli

Updated June 13, 2025 2:55 PM



40 Central Coast Farmworkers Detained by ICE in Workplace Raids

by Rebecca Caraway, Noozhawk Staff Writer June 11, 2025 | 9:13 pm

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- A **5-year-old male U.S. citizen** from Santa Maria is spiraling into anxiety and fear as his mother nears the end of her asylum process – her next court date could mean deportation.
- After surviving a **traumatic armed robbery**, he began to heal and regain his independence after working with a therapist.
- But rising ICE enforcement and community fear has triggered a relapse. He's overwhelmed by anxiety, hearing from classmates that **his mother might be taken away**.
- A therapist is working with the family – helping the mother prepare for the possibility of separation and supporting her son emotionally. She has made the **heartbreaking decision to leave him in the U.S. with extended family if deported**, choosing his safety over being with him.
- This isn't just a legal battle. It's a **mental health emergency**.



- A bright, high-achieving **15-year-old U.S. female citizen** has plunged into a state of emotional distress after **ICE arrested her father** on his way to work in **Carpinteria**. She can no longer focus in school and suffers from anxiety, fear, and uncertainty.
- Her **mother died** in a car accident when she was a toddler, and her **father was her only caregiver**.
- Since his detention, she and her elderly grandmother **have become homeless**, living in their car and **struggling to meet their most basic needs**.

****These are not isolated stories.** They are **two of many**, and underscores the ***urgent need*** for expanded mental health services in immigrant communities reeling from the impacts of ICE enforcement. Legal protection **and mental health care needs** to go hand in hand to ensure our families don't just survive, but begin to heal.



The Need:

- **65 people** whose caregivers or family members has been detained are currently on a **waitlist for mental health services**

The Cost:

- **\$360k** would fill the need.
- Three therapists could provide ongoing counseling to the group of **65 people**. (\$120k per therapist, \$85k salary + benefits)

Why Immigrant Legal Defense Center?

- They are a **trusted** nonprofit interfacing on a daily basis with people who are suffering the consequences of deportations.



Designate \$360k to *Immigrant Legal Defense Center (ILDC)* to be used to provide, mental health services for persons experiencing stress and mental health issues related to deportation actions. This strategic allocation aims to address the unique psychological stress, anxiety, and trauma associated with exposure to a climate of increasingly intense deportation measures. Such funding will contribute to community wellness by providing access to care for such individuals in response to an increasing need for such treatment.

