



SOUTH NORTH NEXUS NUTRITION AND STRESS IN MIGRANT CHILDREN IN MEXICO



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Nutrition and Stress in Migrant Children in Ciudad Juárez, Chihuahua, Mexico

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Abstract

Migrants arriving at the United States-Mexico border are often fleeing their homes due to life-threatening risks related to corruption, environmental degradation, exploitation, and/or violence. Traveling to the border in hopes of safety puts these groups at high risk of exploitation, injury or disease, lack of shelter, extreme weather conditions, long distances traveled on foot, and a scarcity of food and water. A 2020 survey found that 74 percent of Central American migrants traveling through Mexico to the United States experienced some degree of food insecurity. Children are particularly vulnerable to the impacts of malnutrition during these times (National Immigration Forum, 2021).¹ This can have life-long impacts on both physical and mental health, and a child's physical and cognitive development. After arrival at a shelter, the hardships do not come to an end. Many shelters lack the ability to achieve basic livelihood standards due to insufficient resources, a lack of financial stability or overwhelming numbers of people residing within them. Families often receive inadequate food and nutrients due to insufficient resources and capacities at both the state and shelter level. This leads to a range of nutrition problems, including micronutrient deficiencies and chronic malnutrition.

Harmful levels of stress impact nearly all migrants. Families or individuals are often forced to leave their homes due to traumatic events and continue to encounter similar events throughout the journey to the border. Exploitation is a frequent occurrence for migrants during their travels. After finally arriving to the border, people are often turned away without processing, preventing them from eventually entering the United States. Learning a new language, finding employment, understanding a new cultural and social system, and the fear of the dangers outside of the shelters are all additional stresses on individuals and families that have been forced out of their homes. Current migration policies such as Title 42 and the Migrant Protection Protocol (MPP), result in many people being displaced for years, due to a lack of alternative options.

Needs Assessment Objectives

In collaboration with local partners and based on the findings and recommendations of the August, 2021 reconnaissance trip, SNN conducted a needs assessment in March 2022 with the aim of developing a better understanding of the nutrition and stress/trauma levels of children and their family members in selected shelters in Ciudad Juárez.² The needs assessment used the livelihood methods approach to generate quantitative and qualitative information. The objectives were to better understand and address:

- Urgent and unattended nutrition problems;
- Access to food and nutrients (both quantity and quality) from family and shelter provider perspectives, with special attention to children and women;

¹ *Push or pull factors: What drives Central American migrants to the U.S.?* National Immigration Forum. (2021, November 1). <https://immigrationforum.org/article/push-or-pull-factors-what-drives-central-american-migrants-to-the-u-s/>

² *Team members: Deborah Hines, Susan Higgins, Gloria Baldevia, Katie Conrad, Emma Kerkerling and Rebecca Turk.*

- Stress/trauma that children and their families experience from their journey to the border, what transpired in their home country, and the uncertainty of living in a shelter;
- Options for families who are not being legally processed; and
- Local organizations that could support concrete and sustainable actions to address nutrition and stress-related priorities specific to a shelter's needs.

The South North Nexus team visited eight shelters in Ciudad Juárez: Alabanzas Al Rey, Buen Samaritano, Casa Eudes, Espíritu Santo, Kiki Romero, Pan De Vida, Pasos de Fe, and San Matias. They conducted three analyses at each shelter: nutrition, stress and capacities to implement potential solutions.

Given the Covid-19 pandemic, precautions were undertaken to ensure that all community members and the SNN team remained safe.

Priority Actions

Understanding the challenges faced by immigrants requires a multi-faceted livelihood approach and actions that offer concrete solutions for people to move forward with their lives. Family stress reduction and better nutrition for children are two important areas that need immediate attention. Based on the results of the assessments and discussions with migrants, shelter managers, nongovernmental contacts and government authorities, SNN identified the following priority actions:

- Working with local and other experts to develop a family stress reduction program;
- Developing a model for establishing shelter gardens in areas with limited space and water that can provide nutritious food. These would provide nutritious food and also serve as a family activity to reduce stress and build a sense of community;
- Assisting local governments and organizations to meet basic standards for shelter conditions, following the UN Sphere Standards; and
- Collaborating with other groups to advocate for migrants' rights and bring attention to problems within the immigration system. Actions would include providing the appropriate information to assist families in shelters.

These ideas have been shared and discussed with our key local partners and would be implemented according to the capacities and resources of the shelter at focus. SNN will begin with a pilot project in two or three shelters to develop capacities for local implementation and sustainability of actions.

Introduction

“People need to know their options, have choices, and be on their way to where they want to go.”
Government Official

Background

For approximately 35 years, beginning in the mid-1970s, the Border Patrol at the United States - Mexico border apprehended at least 1 million migrants a year, the majority being Mexican single adults seeking a better life in the United States.³ Then in 2014, there was a new trend with the arrival of tens of thousands of unaccompanied children and families seeking asylum in the United States. Generally, asylum seekers and unaccompanied children immediately turn themselves in to the Border Patrol upon crossing the border and request access to the asylum process. By law, individuals can seek asylum only once they are physically present in the United States or when they arrive at a port of entry. Before the Covid-19 pandemic a practice known as metering limited the number of people who could ask for asylum each day at a port of entry. By February 2020 there were more than 15,000 people waiting for the chance to request asylum, many who had been waiting for years.⁴

Since March 2020, the US has expelled migrants to Mexico. Asylum seekers are denied the chance to make asylum claims, allegedly to prevent the spread of Covid-19. The US closed the border to asylum seekers and began expelling people under a public health authority known as Title 42. Under Title 42 any adult or family from Mexico, El Salvador, Guatemala or Honduras is immediately sent back to Mexico without a deportation order, even when they have the right to seek asylum.

At the same time, the Trump administration eliminated access to asylum at ports of entry, leaving people stranded at the border in Mexico. This policy, the US Migrant Protection Protocols (MPP), also known as the Remain in Mexico Policy, severely limits options for people seeking entry into the US. Combined, these policies have resulted in most migrants spending long periods of time in overcrowded shelters near the Mexico-US border. From March to November 2020, the Department of Homeland Security apprehended and expelled at least 13,000 unaccompanied minors under Title 42. Many of these children remain on the Mexican side of the border, where they are extremely vulnerable. In mid-November 2020 a federal court requested the US government to stop deporting children under Title 42.

With Obama’s expansion of family detention programs and then the Trump administration’s family separation policy, both administrations increased measures to deter people from seeking protection. These policies have also created extreme hardship for families and children. After President Biden took office, significantly more unaccompanied children and families began arriving at the border. By March 2021, the number of children taken into custody peaked at 18,951. Although the Biden administration has made progress reuniting unaccompanied children, the poor conditions in shelters

³ *American Immigration Council.*

⁴ *Ibid.*

on the US side has received attention, in part, for insufficient and inappropriate foods and poor sanitation.

In 2021 and the first months of 2022, the number of families coming to the border continued to grow, with large numbers of expulsions back to Mexico creating contentious relations with some Mexican state governments. Migrants have reported that they were afraid to report crimes and abuses to Mexican authorities, and that they were frequently unable to get the documents they needed to work, get health care, or send their children to school. Nearly half of asylum seekers under Remain in Mexico lost their cases after missing court dates. Some families missed court dates because they were kidnapped in Mexico. Others have been bused south by the Mexican government leaving them thousands of miles from their hearing locations. The US government has flown people to border areas in Mexico, far from their original port of entry, with the intention of breaking connections and contacts in Mexico.

Since October 2021, border officials have apprehended 900,000 undocumented migrants at the southwest border, according to the Homeland Security Department. During the 2021 fiscal year, undocumented migrants were caught a record-breaking 1.7 million times. The number of illegal crossings went up significantly after President Biden took office, compared with the previous year, when numbers were down, in part, because of the pandemic. Currently, border officials are apprehending about 7,000 undocumented migrants a day on the southwest border. In the early months of the Biden presidency, as many as 14,000 children were stopped at the border (Biden Administration Plans to Stop Turning Away Immigrants Under Public Health Rule in May. The New York Times nytimes.com. 3/30/2022)

The record number of migrants illegally crossing the border is the result of deteriorating conditions in places such as Central America, Cuba, Haiti, Venezuela, and Mexico itself. Factors that force people to leave their home generally involve the threat of violence, food insecurity, political instability, lack of economic opportunities, and worsening livelihood conditions due to more extreme climate events. The Biden administration is facing serious challenges and Mexican officials are not able to respond to the increasing needs on their side of the border. The situation is made more difficult due to the dismantling of the asylum system by the Trump administration and the Covid-19 pandemic.

Shelters under Mexico's child protection authorities, Desarrollo Integral de la Familia (DIF), are overcrowded, lacking basic resources, and delayed in processing times. Within the shelters, children constitute around 30 percent of the migrant population, half of whom are unaccompanied. The rates of deportation for children will likely continue to increase in the second half of 2022. Information received from DIF in Ciudad Juárez showed that the time children spend in shelters increased from approximately 15 days in 2020 to an average of four months in 2021. It is projected to be longer in 2022.

US immigration policies, as outlined above, have put tremendous strain on the Mexican immigration system and leave families with no information regarding their options, subject to danger and violence, and with insufficient resources to care for their children. A 2020 survey of Central American migrants traveling through Mexico to the United States found that 74 percent experienced some degree of food insecurity and children are particularly vulnerable to the impacts of malnutrition during these

times.⁵ Transit conditions present health risks, exploitation, a scarcity of food and water, lack of shelter, extreme weather conditions, and long distances traveled on foot. Often, children suffer from malnutrition which later can affect their cognitive abilities. Often families in shelters receive inadequate food due to insufficient resources and capacities at the state and shelter level, resulting in a range of nutrition problems, including micronutrient deficiencies, chronic malnutrition, overweight and obesity.

Migrant Children – A South North Nexus Priority

The situation for children and families at the border is a high priority for South North Nexus, based on previous work with migrants from Central America and Venezuela. A reconnaissance visit was organized in August, 2021 to better understand the dynamics at the border, with special attention to young migrant children and pregnant women, and their nutritional and health priorities. The team visited sites on both sides of the border, including El Paso, Texas – Ciudad Juárez Chihuahua; Brownsville, Texas - Matamoros, Tamaulipas; and McAllen, Hidalgo Texas - Reynosa, Tamaulipas.

After this initial visit, SNN met with partners located at the border and it was decided to conduct a needs assessment in March 2022 that would focus on trauma/stress and nutrition/health in children and adolescents. Ciudad Juárez was identified as an important starting point for conducting a needs assessment, given the large number of families waiting to enter the US in the city, the innovative support programs put in place by immigration officials in the state of Chihuahua, and the dedication of local partners who prioritized better information in order to more effectively meet the needs of migrants.

⁵ *Push or pull factors: What drives Central American migrants to the U.S.? National Immigration Forum. (2021, November 1).*
<https://immigrationforum.org/article/push-or-pull-factors-what-drives-central-american-migrants-to-the-u-s/>

The Needs Assessment

“My son ask why God does not bless them.”
Mother of a Honduran boy who only wants to learn English and go to the US.

Objectives

In collaboration with local partners and based on the findings and recommendations of the August, 2021 reconnaissance trip, SNN conducted a needs assessment in March 2022 with the aim of developing a better understanding of the nutrition and stress/trauma situation of children and their family members in migrant shelters.⁶ Specifically, the goal was to identify sustainable and practical solutions for families and individuals in selected shelters of Ciudad Juárez, Mexico. The needs assessment used a livelihood methods approach, to generate quantitative and qualitative information to better understand:

- Urgent and unattended nutrition problems;
- Gaps in food access and diversity (both quantity and quality) from a family and shelter provider perspective, with special attention to children and women;
- Stress/trauma that children and their families experience because of their journey to the border, what transpired in their home country, and the uncertainty of living in a shelter;
- Actions that could increase the stability of families living in shelters near the border; and
- Local organizations and potential partners that could support concrete and sustainable actions to address nutrition and stress related priorities as identified by participants through the needs assessment.

SNN’s priority is to collaborate with local organizations who share these objectives and have the capacity to support integrated longer-term actions. Results from the needs assessment also will be used to bring attention to the very difficult situation people are facing as they wait in Mexico for options that will help shape their future. SNN is committed to sharing the stories of migrants and finding sustainable solutions to improve their stay in shelters, until they can be on their way to a better future.

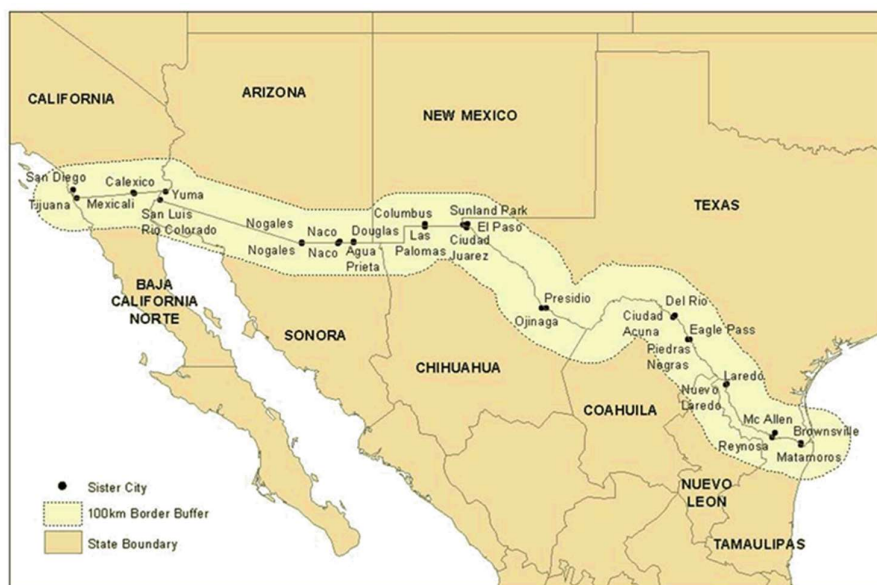
Assessment Area – Ciudad Juárez

Ciudad Juárez, Mexico, is on the edge of Mexico’s northern frontier and is located just across the border from El Paso, Texas. Many people commute between the two cities. With partners, the team visited eight shelters in Ciudad Juárez: Alabanzas Al Rey, Buen Samaritano, Casa Eudes, Espíritu Santo, Kiki Romero, De Vida, Pasos de Fe, and San Matias.

⁶ Team members: Deborah Hines, Susan Higgins Gloria Baldevia, Katie Conrad, Emma Kerkering and Rebecca Turk.

Ciudad Juárez captured the world's attention when it became “queen of border towns” during the Prohibition Era due to its entertainment businesses featuring bars, nightclubs, and casinos. In 1965, the government’s “Maquiladora” program led to the establishment of foreign-owned factories along the border. In the beginning, operations were conducted in converted garages, button and zipper factories, and included the assembly of electronic products. In 1994, NAFTA increased economic interaction between binational cities, and Ciudad Juárez became one of the world’s premier centers for export-oriented assembly manufacturing. The model, which still exists today, includes sending manufactured components to Mexico for processing, with the final products returned to the US without import levies, except for a 10 percent value added tax. Maquiladora critics in Mexico suggested that intensified migration to the border and unfulfilled job expectations led to an increase in social problems in Juárez including an increase in poverty, unemployment, homelessness, broken families, illegitimate births, and prostitution.⁷

Figure 1. US-Mexico Border Map (EPA, 2016).



Ciudad Juárez – El Paso Border Area.

⁷ Martinez, 2018.

Ciudad Juárez also has served as a major drug route to the United States, causing conflict among cartels and criminal organizations, and earning the reputation as one of the world's deadliest cities. Despite the negative foreign perceptions, for the people of Ciudad Juárez, the city represents a vibrant community and an urban settlement like any other.⁸ The city is the oldest urban center along the border and has evolved to become one of the main transit points for millions of US-bound migrants.

Methods

“Nobody will listen to us and hear our needs and story. We need help with life issues.”
Honduran Migrant

Conceptual Framework

Due to multiple risk factors for migrant children and their families who must remain in Mexico, a broad framework - the livelihood approach - was adapted to develop an understanding of the various influences on health and well-being. In addition to looking at the political, financial, physical, environmental, and social capitals that directly affect integration and assimilation in a shelter environment, the assessment focused on human capital. Specifically, the needs assessment examined how nutrition and stress/trauma are influencing children's health and well-being. The livelihood approach provided a way to conceptualize various factors, internal and external, and analyze how they combine or singularly influence the health and quality of life of children and their families. The livelihood approach also provided the opportunity to examine influential layers or factors at different levels that create barriers and opportunities for individuals and families. Results are presented at these four levels:

- Policy: Specifically, US and Mexico immigration policies;
- System: State response and city program capacity including that of shelters;
- Social: Networks that validate networks and human interactions; and
- Family and individual: Individual abilities and resources.

Data Collection

South North Nexus conducted three analyses: nutrition and stress both which correspond to the human capital of an individual, and the site or shelter conditions which have various linkages to the other livelihood capitals, including the financial and physical capitals. To gain a better understanding of the nutrition and stress levels in children living in migrant shelters in Ciudad Juárez, SNN developed survey instruments specifically for the location. Given the Covid-19 pandemic, precautions were incorporated in the methodology to ensure that all community members and the SNN team remained safe.

During each shelter visit, the six-member SNN interview team collected data using standard, pretested survey questionnaires. Accurate data was gathered by ensuring a team-based approach using an interview guide. The survey instruments for the assessments are presented in Annex I.

⁸ *Ibid.*

All persons interviewed agreed to sign a release form. At the end of each day, the team downloaded the information onto iPads, and the data collected was linked to the Qualtrics conversational analytics program.⁹ Most evenings, a recap of the day took place to determine what adjustments were needed for data collection and analysis. The stress and nutritional assessment included a visioning process to help understand how families hoped their shelter experience could lead to a new more resilient life. The inclusive approach promoted community-based participatory exchanges and learning.

Interview Components

Key Informant Interviews with all eight shelter managers, as well as with government and local organization partners in Ciudad Juárez, Chihuahua, provided valuable information on policy, program, and financial issues affecting the provision of services and the conditions that migrants are facing. Key informants were critical to understanding the challenges faced by shelter managers and staff. In addition to the eight shelter managers interviewed, many of whom were Pastors, we also interviewed representatives of four key local/regional organizations: Consejo Estatal de Población (COESPO), Hope Border Institute, El Paso Community Foundation and El Paso- Juárez Border Initiative and a city commissioner and her team. Representatives of all shelters were interviewed using different survey tools found in Annex I (Survey tools 2.1, 2.2, and 2.3).

Discussions with informants explored not only how different shelters were able to meet basic needs and the challenges they face in their work, but also families' abilities to rebuild livelihoods and achieve their vision for their desired quality of life. Thus, shelters, households, and other key informant interviews included the participation of mothers, fathers, adults, adolescents and children. Also, interviews brought out issues related to the prevalence of violence, including gender-based and events during the journey, which may have contributed to trauma and stress. Each shelter key informant also was interviewed to learn more about the social dynamics within each shelter, issues faced by children and families, food availability, the general levels of stress, and activities and opportunities available or needed to improve the situation of migrants.



Meeting with a Key Informant.

⁹ <https://www.qualtrics.com>

These interviews ended with questions about required resources and potential partnerships that can create new opportunities for collaboration within and among shelters. Discussions also centered around ideas to assure adequate, innovative services for migrants.

Nutritional Assessments provided disaggregated data, using anthropometry or body measurements for children. Measurements were taken for 81 children between the ages of one and five. Measurements were then compared to sex-specific international references from the World Health Organization (WHO) and or the National Center for Health Statistics (NCHS). Evidence shows that growth patterns of well-fed, healthy children are the same for all races and ethnicities, and thus this reference population is used for all areas of the world.

Specifically, the nutrition assessment provided nutritional disaggregated data, using anthropometry (body measurements) of children ages 1-5, including age, sex, weight, height, and middle-upper arm circumference or MUAC.¹⁰ These measurements provided indications for: a) low height-for-age and potential growth restrictions, which represents stunting or chronic malnutrition; b) small circumference or the MUAC measurement relative to age which represents acute malnutrition or wasting; and c) low weight-for-age. The anthropometric data were analyzed using the WHO Anthro Survey Analyser.¹¹ The software provides pre-coded calculations for measuring chronic malnutrition based on the international standards for weight-for-height z-scores for girls and boys.

Each child also was examined for physical signs of malnutrition using the indications described below.

- Fluid buildup on the top of the feet
- Hair that is brownish, scanty, and straight on the top of the head
- Patchy skin with color changes
- A large, protuberant belly
- Prominent bones (ribs)
- Loose skin (on lifting)
- Loose skin around the buttocks (baggy pants)

Chronic malnutrition is one of the best indicators for portraying overall long-term neglect and impaired child development. A variety of factors that affect child growth are associated with this condition, including weight at birth, infant feeding patterns, episodes of disease, environmental hygiene, nutritional intake, among other factors. Signs of acute malnutrition indicate that lack of adequate food is posing a serious health concern and could even result in death.

Measurements for **food consumption and dietary diversity** were collected to provide a broad understanding of nutritional status. Using a two-week recall interview, the families were asked how often they had access to each of the main food group (grains, legumes, nuts; flesh foods; vegetables; fruits; eggs; and dairy.

Indicators included:

- Number of days in the last two weeks when people ate only 1 or 2 food items – which foods.
- Number of days in the last two weeks there were no fruits or vegetables consumed.
- Number of days in the last two weeks when protein was not consumed.

¹⁰ WHO, 1995.

¹¹ The WHO Anthro Survey Analyser. <https://worldhealthorg.shinyapps.io/anthro/>

- Number of days in the last two weeks when meals were skipped because there was not enough food.
- Number of days in the last two weeks when food ran out and quantities were not enough.
- The last time someone went a day without food because there wasn't any.

Each family received a score of 1 for the main food category if they ate the food at least four times per week. The scores were then added and disaggregated into three dietary diversity scores: Low Dietary Diversity (≤ 3 food groups); Medium Dietary Diversity (4-5 food groups); and High Dietary Diversity (≥ 6 food groups).



Weighing a child in a shelter.

Stress/Trauma Assessments were conducted using a freeform youth drawing activity with 40 children aged 5-15, complemented by interviews with parents. The stress assessment used an inclusive participatory diagramming (drawing pictures) structured interview, with tailored questions to better understand current stress conditions (Survey tool 1.1 in Annex I). Attention was given to understanding what the child was feeling while drawing. Simultaneously in-depth interviews with parents or guardians were conducted to better understand factors contributing to family stress and the responses of the child to stressful experiences. These discussions focused on indicators including a child's feeling of loneliness, isolation, aggression, and abandonment and other manifestations of trauma/stress.

Each child was asked to draw a picture using colored pencils on a clean sheet of paper. This allowed the children to express their feelings in their drawings, without risking possible re-traumatization or making a child feel uncomfortable.¹² Children tend to draw what is on their mind, which allowed SNN to apply art to understand the child's current emotional and mental state. Children who undergo different levels of stress show symptoms through their daily activities, one of which is through the visual arts. For example, children who tend to be more aggressive than the average emphasize their feelings with heavy shading and dark colors. Drawings reflected a child's past experiences and the links to recent events.

¹² Farokhi and Hashemi, 2011.



A child draws himself back in his home.

Site Assessments at shelters aided in understanding if basic hygiene and sanitation standards were met. A motivation for conducting the site assessment was to determine if a particular shelter or group of shelters would benefit from introducing standards or norms for the implementation of universal and well-tested standards for site sanitation, management, and social support (SPHERE, 2018). Also important for SNN was to verify if the shelter had sufficient play space, materials, and areas for sports with the objective of assessing the shelters' capacity to accommodate future activities for play, arts and sports. To gain more information on shelter spaces a member of the SNN team toured each facility to gain a better understanding of building infrastructure, space for play, noise levels, and opportunities for arts and recreation. Questions asked are presented in Annex I.



Shelter area with multiple uses: school, laundry, equipment repair.

Results and Discussion

“It cannot be forgotten that seeking asylum is legal. Simply trying to reduce the numbers at the border should not be the only goal. There should be a dignified humanitarian solution for all.”

Pastor

Policy implications

The US Mexico border situation continues to present urgent humanitarian and human rights challenges that are very difficult to address without major policy changes. Interviews with shelter managers and committed government and NGO representatives related the number of issues facing migrants and as well as their provision of assistance. A central issue is alleviating the injustices and burdens associated with US migration policies and laws. Special concerns regarding Title 42 and what would be the impact on Mexico if it was lifted was brought up during most key informant discussions. The change, which may take effect in mid-2022, will allow migrants entering the country to seek asylum once again, instead of being turned back without due process.

It was also widely agreed that huge gaps exist in the dissemination of information regarding legal options and immigration processes. A number of migrants actually thought that they were in an asylum process even though they did not have any papers. Most shelters do not have legal support at the facility or know a lawyer that can help their residents. A number of shelter managers and NGO members highlighted that advocacy is critical for bringing attention to the injustices associated with the migration process and how meeting humanitarian needs has been pushed to Mexico. Human dignity has taken a toll and while the shelter managers are doing their best to find resources, basic needs are often not sufficiently met.

Finally, it was mentioned many times that much more needs to be done to address the root causes of migration, as they are complex and point ultimately to political, climate, and violence-related issues. The cartels and gangs who extort money and land, and create fear through exploitation, were mentioned many times as the reason people had to migrate.

A single mother of two talked about how she made the right decision to bring her children to Ciudad Juárez, as they at least have a house and food, and she feels good being in the shelter Pan de Vida. She had to leave Honduras as she was being extorted and could no longer pay the price for staying in their house. The trip was long and hard. She spent three months traveling, sometimes walking, sometimes on a bus. She and her two children experienced considerable violence during the journey. They were threatened and sometimes beaten along the way. She now tries to think about the future and wants to give her children good food and a good education.

Systems and Response Capacity

“We need to train parents to implement activities with and for their children.”

Pastor

The eight shelters visited showed a range of priorities, conditions, management styles and needs. Some shelters are run by religious leaders (Methodist, Catholic), some by private operators, and others by government groups. Most are managed with great commitment and passion, relying on government resources, church, or private donations and spaces. Many of the shelters had a teacher, or teachers, that are in the process of developing various programs to help support children. Some of the shelters had good spaces for children to play and for people to move around, others did not. The federal government provides basic food items but all shelters seek funds and in-kind donations to bridge gaps. The result is that people eat what is available, not necessarily meeting their basic nutritional requirements, or ethnic preferences. It also was mentioned that more could be done to meet the needs of women. Casa Eudes was an excellent example of a shelter specifically addressing children’s and women’s needs. It is, in fact, limited to women and children only.

Other shelters had different priorities. For example, Kiki Romero is the only shelter in Ciudad Juárez managed by the municipal government, and it prioritized short-term transitioning with the expectation that people would find alternative options in a short period of time. San Matias was possibly the most innovative shelter with a strong sustainability focus. The Pastor was developing a sustainable food system with chickens, pigs, tilapia ponds, and a vegetable garden using renewable energy to provide food for the people living in the shelter. Other shelters had crowded conditions in small spaces, coupled with little activity and stuffy non-aerated sleeping spaces.

With the support of COESPO, classrooms were organized in shelters and support was given to developing other activities for children. Water is a concern and is sometimes trucked in to meet demand. Sanitation concerns were evident in a couple of shelters visited; however, bathroom and laundry facilities were available in all shelters visited. Most also had a system of sharing chores, including cleaning, preparing and serving food, for example.



A shelter with solar panels.

Government and shelter staff stressed the importance of improving the networking among shelters in Ciudad Juárez. There is a need to coordinate food, clothing, medical, educational, and sleeping inputs that go to shelters, with surpluses and shortfalls entered in a database shared by all shelters. Also, while some shelters did meet basic standards for sanitation, shelter organization, food, water, and security, most did not. Finally, government entities must have a better understanding of what agencies and organizations are doing and improve coordination. There was the perception that the assistance of organizations was not optimized and not always having an impact on migrants.

Shelter Pastors and managers in general know what needs to be done to improve the services that shelters provide. Priority areas include: support for legal assistance for all migrants; information on options for Internally displaced persons from Mexico; provision of more nutritious foods, especially fruits and protein; more coordinated stress reduction programs for families, including more activities with parents and their children; training congregations to participate in activities with migrants in the shelters; and improving activities that support educational skills, sports, music, art, and gardens that allow people to express themselves.

Pasos de Fe is managed by a Pastor who works in three different shelters – there are 25 in Juárez. Everyone there was wearing a mask. This shelter prioritizes vulnerable and persecuted people, especially women with children and the elderly. COESPO places people here who are in limbo with immigration authorities. The capacity in this shelter is 50, and 30 people lived there during our visit. He spoke and all the residents listened in. He is very inclusive. He said more people are crossing the border, especially those needing medical attention and the situation is always changing, but right now food is sufficient. Each day his objective is to instill in people a fresh perspective.

Shelters depend on the donations and resources that they receive, and the partnerships established with government and nongovernmental organizations. It is important to highlight these external relations are key to securing the resources required to adequately meet the needs of migrants, especially when they are spending more time in a shelter. Important also is the participation of the residents to contribute to the day-to-day activities and maintenance of the shelter.

Creating a sense of community or social capital generates benefits for the individual as well as for the shelter environment. A number of migrants interviewed stressed the importance of maintaining ties and relations with their home country, family and others with whom they have travelled. Communication with other migrants is important for understanding the new environment, dealing with the immigration systems of both countries, and accessing needed services as described below.

Buen Samaritan was established more than 40 years ago for men with no families who arrived at 6 pm, were given bread and coffee, and usually left by 6 am the next morning, with a three-day limit. Then the shelter closed, and the church reopened it 2015 with a Pastor and only volunteers, with capacity for 65 people. At that time there were only three shelters in the city, including this one. Today people share mattresses and blankets; the shelter provides for up to 200 men and 60 women. They can stay for up to three years. People are offered 3 meals per day, as well as baby food, clothes, etc. This shelter depends on donations from many sources. Basic food and lighting are supported by the federal government. The local health center provides advice and medicine, and specialists from the nearby municipal hospital help pregnant women and children. COESPO supplied eyeglasses to 25 people and provides help with water and infrastructure. The city takes care of garbage, paint, public security as violence is inflicted on migrants, often from Mexican cartels.

Family and Individual Concerns

“We see children arriving every week malnourished. With their stay in the shelter, they gradually gain back their weight and strength.”

Pastor

Nutrition - From the 2021 SNN visit, malnutrition was identified as a major concern. The team visited with parents and authorities who expressed their concern regarding the nutritional status of young children, especially those living on the street or just arriving to a shelter. Children and adults are often underweight due to lack of food during the migrant family’s transitional journey. These findings were validated by shelter officials during the needs assessment visit; when people arrive at the shelters, they have undergone significant hardship and poor nutritional status is one of the symptoms.

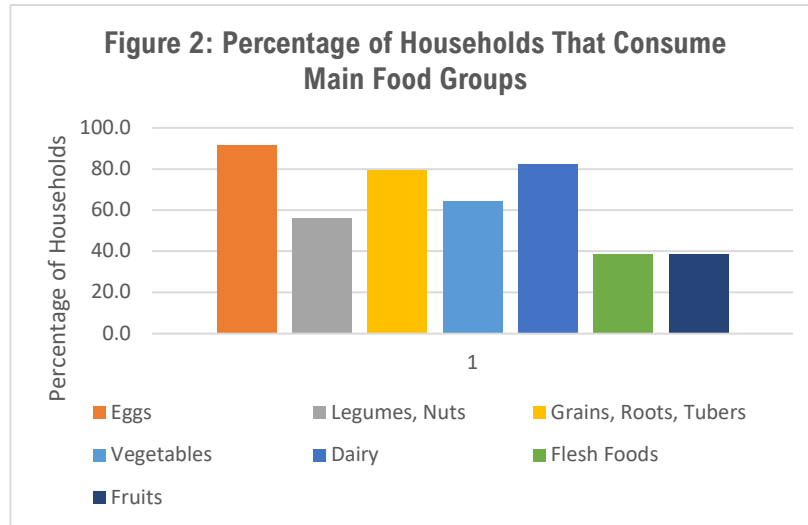
Our discussions and data confirm what is known as the triple burden -- the prevalence of underweight, overweight and micronutrient deficiencies in a population. Shelter staff stressed that, in general, caloric intake is not a problem once families settle and recover in the shelter. However, with longer stays, limited access to nutritious food and few opportunities for movement, children can become overweight.

Data indicate that out of 81 children measured, one child was underweight, 11 were overweight (+ 2 SD: 13.6 %) and 2 children were obese (+ 3SD: 2.5%). The others were in the normal range. The weight-for-height Z-scores were calculated using the WHO Anthro Survey Analyser, disaggregated by sex and age groups.¹³ In addition, very few signs of physical malnutrition were observed.

Children are generally receiving enough calories daily, but the quality of the food is often lacking in protein, micronutrients and cultural appropriateness. Based on the two-week recall interviews that were conducted with 73 families in five shelters, results showed that basic needs are met, however proteins and fruits are among the lowest food groups consumed by families. Out of the 73 households that were interviewed, 38% or 27 families do not: receive adequate protein from meat, chicken, fish; consume sufficient fruits; or eat a sufficient number of vegetables. Importantly, these results indicate that families do not receive adequate micronutrients such as Vitamin B-12, Vitamin A, and Zinc, which are essential for children’s growth. The results from the dietary diversity interviews (Survey tool – dietary diversity is found in Annex 1) are summarized in the diagram below (Figure 2).

Residents help cook rice, beans, eggs, potatoes, oats, lentils, and sometimes chicken and red meat – maybe three times per week and eggs five times per week. Also, sometimes they can provide tomatoes, carrots, and onions. There is cereal and milk for kids, and pancakes for all which everyone loves! The shelter receives government support for staple foods and the Pastor provides other items like fruit, but it goes fast. Most residents buy some additional food and there is a refrigerator for them. The Pastor said that more needs to be done to coordinate with other shelters to meet needs and he is trying to help to do that.

¹³ The WHO standards indicate a cut off Z-score for the following: < -3 SD: Severely Wasted; -3 SD to -2 SD: Moderately Wasted; -2 SD to -1 SD: Mildly Wasted; -1 SD to +1 SD: Normal; +2 SD to + 3 SD: Overweight; +3 SD: Obese.



Data was also disaggregated for each shelter into three dietary diversity scores: Low Household Dietary Diversity Score (≤ 3 food groups); Medium Dietary Diversity Score (4 and 5 food groups); and High Dietary Diversity Score (≥ 6 food groups). Because each shelter differs in terms of how they receive, prepare, and access food, these results show the lack of consistency across shelters in providing nutritious foods. Several factors impact both the menu that a shelter can serve and the food that a child will eat. For example, one family in Alabanzas Al Rey indicated that their children do not necessarily eat the food provided all the time because they have not acquired a taste for the foods served. They are more accustomed to eating sugary foods, which are accessible from the small shop in the shelter that sells candies and snacks.

These findings were confirmed by interviews with parents or guardians regarding food availability and diversity. Most, although not all, parents felt that their children’s basic food needs were being met. On average people eat twice a day, mostly rice and beans, as most people don’t have the money to buy additional food. Many people interviewed pointed out the importance of diversifying diets and receiving more nutritious and culturally-accepted foods.

In some shelters people are required to purchase foods other than the basic staples provided. In Pan De Vida, families were provided food to cook, but they also had to purchase dairy, fruits and vegetables outside of the shelter. Because families typically do not have jobs or they are afraid or unauthorized to go outside of the shelters, they do not consume from all the food groups. Buen Samaritano had the highest number of families receiving a high dietary diversity score; about 90% of the families in the shelter. Buen Samaritano is one of the first migrant shelters established in Juárez when a large number of migrants arrived in the city. The shelter receives generous donations from other non-profit and international organizations, allowing them to provide diverse foods for families in the shelters.

At San Matias the Pastor has developed an innovative space with gardens, a spacious kitchen, library, projector, movies, lovely church with pews restored by a Honduran woodcarver, an open area for running, trees, chickens, eggs, tilapia farm with biofilter (with assist from International Organization for Migration), hydroponic plants, and a huge greenhouse with healthy vegetables. This shelter was built on an abandoned junk lot. He thinks every shelter should have its own garden. His objective is to sustainably feed the people in the shelter and then sell surpluses to support the running of the shelters and enable people to participate in the running of the shelter. He also emphasized the need for other activities to strengthen the family and inclusion in the shelter community.

Stress and Trauma - During interviews, shelter administrators, and parents highlighted the importance of expanding stress reduction activities for the whole family. An important finding of the assessment was that the parents are transmitting stress to their children and the entire family is traumatized. Drawing exercises were conducted with 40 children aged 5 to 16 years old and simultaneously their parents provided insights as to how the children were integrating into their new environment. Countries of origin for the children participating were Honduras, Mexico, El Salvador and Guatemala.

“All children respond to stress differently, but parents are transmitting stress to their children as their stress is forgotten.”
Pastor

Missing home and wanting to be back home were important themes that emerged from the assessment. Interviews with parents, the majority women, produced extraordinary stories of stress, fear and sadness emerged. Through stories, parent related the symptoms of stress they observed in their children. Over fifty percent of parents interviewed felt that their children experienced great fear, sadness, and abrupt startling. Other symptoms of stress in kids included acting out, avoiding memories of home, dazing, and difficulty getting along with others. A mother’s heartfelt and anguished story of loss, trauma, and displacement is represented in the photo drawn by her daughter below.



A girl’s house and the ladder she climbed at a waterfall while fleeing her home.

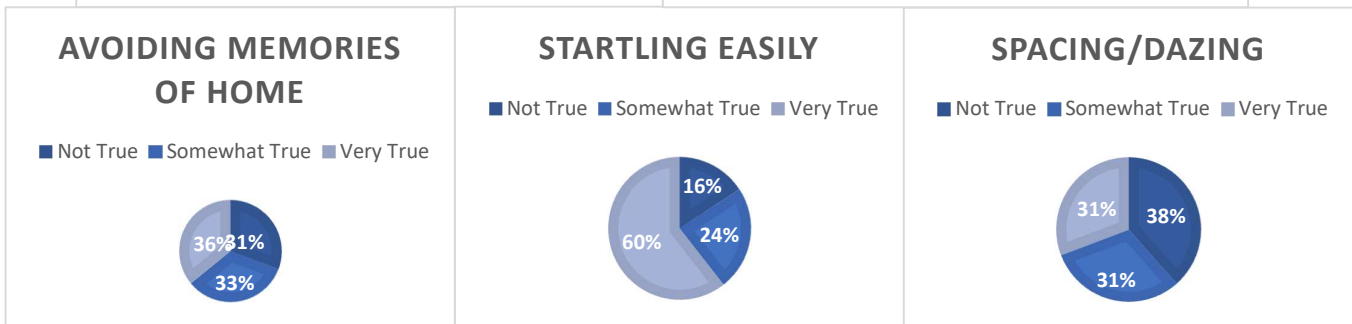
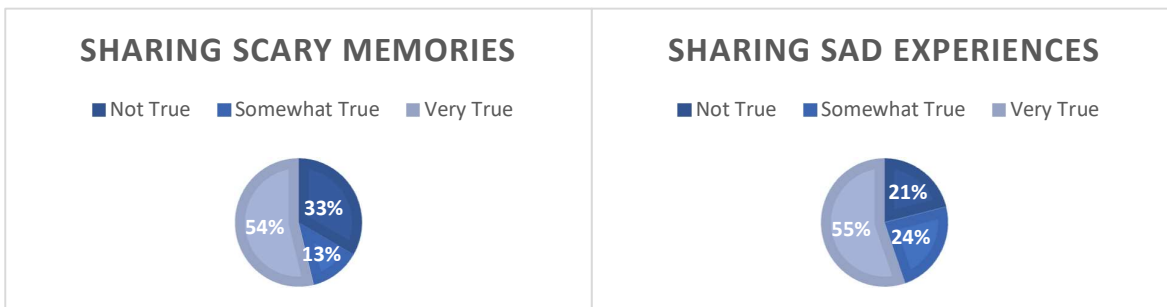
Many stories were shared with the team, detailing why people had to leave, what they endured on their journey and how children and families are responding to the uncertainties of shelter life. The stories shared below detail trauma for individuals and families and the difficulties they face trying to forget and forgive what has happened. They also clearly show that more needs to be done to help them move forward both individually and as a family.

Shared Story 1- A small boy lives in fear, still trying to make sense of what happened when it can make no sense for the boy or his parents. They all live in fear. The family has been in Ciudad Juárez for 6 months. But it is the journey to arrive in Mexico and what happened in Honduras that continues to haunt all of them. His father is very traumatized and will not leave the shelter because of what the gang, Mara 18, inflicted on his family. The Mara spent time looking for a family member – the father’s brother - who worked for the government in drug control. Because of the threats he received, he was forced to seek asylum in the United States. The Mara began to intimidate the family wanting to know where the brother was. When they could not tell where he was because they did not know, the father was tortured and beaten, and the mother sexually assaulted in front of the small boy. They knew that the next time the Mara came around they would not survive and so they fled their home, community, and country on foot with no belongings. They walked day after day for five months, from their home in Honduras to Ciudad Juárez, Mexico. Some days they had no food, little water, and no place to sleep. Now they are in a safe shelter, Pasos de Fe, but the family does not feel safe. The father is not sure that he will ever feel safe. The small boy has strange habits the mother says. He wakes up in the middle of the night, startled and then starts crying. He talks often about how hard the walk was, his fear of the police. Then there are some days that he will not talk. There are days when he pays no attention to the teacher, is angry with everyone around him and asks why he is alive. The mother cried in my arms, for her son, for husband, for not knowing what the future holds for her family.

Shared Story 2- A Guatemalan family has been in the Pan de Vida shelter for seven months. They are happy with their decision to migrate and still hope to reach the United States. They face several challenges starting with the children not speaking Spanish. This is a real obstacle to learning in school and other children often are not nice with them. Both children like going to school and want to learn Spanish. The children still experience fear and trauma. One boy is startled easily and becomes very angry when he hears strange noises. He swings his arms and moves in circles like he is a bit crazy. The other boy has a medical problem, but the medical assistance is not good. He has no medicine. At night he has pain and his muscles hurt, giving him trouble to walk or play soccer. They all know that they can’t go back to Guatemala because the man who threatened the family is still looking for his wife. He already killed 3 of their children and the police would do nothing because he is an important man. The parents know it was the best decision for their children to leave but are unsure what to do next. The boys, six and seven years old, struggle to communicate in Spanish, but the older one was able to talk, and he mentioned his fear of the police. He seemed scared to talk about that. As the older brother he was taking very good care of his younger sibling.

Sharing sad experiences and scary moments were the most common reported responses to the trauma experienced by the interviewed children. However, some children refused to talk about home and what they missed. A general consensus was that each child reacted and coped differently to the events that they had witnessed or experienced. See results presented below. Many of the parents said that they would like to be involved in stress reduction activities with their children if they were organized in the shelter. They spoke of how music could be introduced as a priority shelter activity. Other activities they would like to implement are inter-shelter football games, English lessons, sewing and crafts, gardens, and fun event like themes parties, talent shows and technical skills-building classes.

Figure 3. Responses to Stress in Interviewed Children



The gang came and said that they could leave, or they were going to “clean out their community”. The group wants the land, so the people are either recruited or forced to leave their southern Mexico land and home. After a cousin was killed in a raid, the family decided to join their friends and other family members and journey north. They came as a group. That offered some protection, helped the children cope, and enabled people to begin to adapt to the new life.

Recommendations

“A grain of sand can grow a big mountain.”
Pastor



A mural at San Matias painted by residents.

Understanding the challenges faced by immigrants requires a multi-faceted or livelihood approach, and actions that offer concrete solutions for people to move forward with their lives. According to our findings, family stress reduction and better nutrition for children are two important areas that require immediate attention. The information gathered through the SNN needs assessment will be used to inform concrete and measurable efforts to support children and their families as they deal with migration anxiety and nutrition-related health issues. Possible actions and future engagement are under discussion with partners on the ground to create a plan that meets local priorities and addresses some of the issues raised through the needs assessment. Many sources of funding are needed to make a shelter run effectively and efficiently.

At Pan de Vida children experience hardships – stress, hunger, fear – but begin to feel better after some time here. There are no criteria for entrance, but assistance is based on need. Many people are from the streets. Being a family is a requirement and there is no limit on the length of stay; two years is common. Pan de Vida does not provide legal assistance. This shelter has been open for 30 years with the last 3 years prioritizing women who are single and/or victimized. Each family cooks their own food; half comes from outside resources and the other from their own money. Approximately 320 kids attend the school which is in session all year except for Christmas. There are 3 teachers with funding from COESPE. Abara, an El Paso based NGO, helps support the chlorinated water supply system. One large, chlorinated tank lasts one day for the entire compound. People buy their own, or the state provides, their personal drinking water.

Discussions with key informants, parents and children generated a list of possible follow-up actions. A summary of their recommendations is presented below (Figure 4), with consideration of what might be feasible if partners are able to mobilize capacities and resources.

Figure 4. Summary of Needs in All Eight Migrant Shelters in Ciudad Juárez

- *Collaboration with other shelters to assist with legal issues*
- *Trainings to build skills – mechanics, business, construction, English lessons, writing workshops, hygiene, and family counseling, etc.*
- *Opportunities for expression through art. Needs include art supplies, collaborative mural painting, plays, talent shows, access to musical instruments, all to create “community” and reduce stress*
- *Model community gardens for all shelters to address food supply and therapy*
- *Increased salaries for shelter teachers; Need for tutors and mentors for the children*
- *Professional help with stress/depression counseling and activity-related stress alleviation*
- *Improved diets including more fruits and vegetables, and refrigerators*
- *More intra-shelter activities (sports, barbeques); socialization for the children*
- *Managers/trainers to set up SPHERE standards for livable space and sanitation*
- *In-shelter shops for healthy food (not candy)*
- *More in-shelter sporting spaces and supplies (soccer balls, jump ropes, basketball hoops)*
- *Better access to medical assistance and medicines, including vitamins*

Based on discussions with migrants, shelter managers, nongovernmental contacts, and government authorities, SNN identified actions that coincide with the priorities listed above and which are in line with capacities and resources. These ideas have been shared and discussed with our local partners. SNN would begin with a pilot project in two or three shelters and work to develop local capacities for the implementation of the pilot project, generation of lessons, and opportunities to scale up successful actions that align with local priorities. Potential follow-up actions include:

- Working with local and other experts to develop a family stress reduction program. Other information/topics can be included as appropriate to inform families of life opportunities;
- Developing a model for establishing shelter gardens in areas with limited space and water that can provide nutritious food. This would also serve as a concrete family activity to reduce stress and build a sense of community. SNN could pilot these gardens in three shelters. The gardens will be different depending on the context of each shelter selected;
- Assisting local government and organizations to meet basic standards for shelter conditions, following the UN Sphere Standards. Work with local groups and authorities to develop and support capacity strengthening to implement these standards actions;
- Collaborating with other groups to advocate for migrants’ rights, to bring attention to migration system issues. This would include providing information on issues of relevance to families in shelters, including any changes in US immigration law, requirements to obtain visas or asylum, security warnings, and benefits for families including access to health and dental care are important areas for action. Families in shelters need updated information to guide their everyday and future decision making; and
- Advocacy will be an important element of all activities.

The objective of the pilot project is to strengthen capacities to ensure the sustainability of activities. The project would need a project manager and two technical coordinators - one for gardens and the other for family stress reduction activities. s ongoing regarding the selection of shelters. It is crucial to identify committed shelter managers and those that have longer-term rental leases for the space. It also is critical to ensure that shelters incorporate Sphere Standards if there are not already being met.

A short list of shelters includes: Pasos de Fe, Casa de Eudes, Alabanzas Al Rey or Buena Samaritano. With agreement to move forward with local partners and shelter managers, a project concept with a budget will be developed jointly. SNN and its partners are committed to a longer-term approach. Any agreed-upon pilot project will contribute to capacity building that assures the sustainable delivery of services for migrant families. Helping people find their own solutions must be at the heart of what we do.

“It is best to spend limited funds on food and special need to have efficiency and impact.”

A Government Official

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Annex 1

SURVEY INSTRUMENTS

1. STRESS ASSESSMENT

Stress 1.1 Clarifying Questions for Drawing Assessment

Shelter: _____ Date: _____

Child/Family ID: _____

Age: _____ Sex: _____

1.1.1 Where did you live before coming to this area?

- El Salvador
- Honduras
- Haiti
- Guatemala
- Venezuela
- Colombia
- Cuba
- Other: _____

1.1.2 Was there anything hard about the journey coming to this area? Let the child respond – do not ask.

- Not enough food
- Missing the family
- Travel obstacles (i.e., injuries, accidents, heat, etc.)
- Fear due to uncertainty of future
- Other: _____

1.1.3 Is there anything that is difficult here for you?

Answer: _____

1.1.4 Why did you use that color?

Answer: _____

1.1.5 What does this image make you think about?

Answer: _____

1.1.6 Is there something you want to change in your life?

Answer: _____

1.1.7 What fun activity would you like to do here at the shelter?

Answer: _____

1.1.8 Is there anything else you would like to tell me?

Answer: _____

Stress 1.2 Key Informant Interview for Parents (stress)

Shelter: _____ Date: _____

Child/Family ID: _____

Indicators: 1 = not true; 2= somewhat true or sometimes true; 3= very true or often true

	1	2	3
1.2.1 Does your child share scary memories?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

1.2.2 Does the child talk about any sad or disturbing experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------	--------------------------

Comments: _____

1.2.3 Does the child act out in any way (playing, pretending it is happening again) any uncomfortable or disturbing experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Comments: _____

1.2.4 After the child shares a difficult memory or you observe the child re-enacting a difficult experience, does the child seem happier/more relaxed??	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Comments: _____

1.2.5 Does your child startle easily or jump when hearing loud or sudden noises?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------	--------------------------

Comments: _____

1.2.6 Does your child avoid things that remind her or him of home or the journey to here?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Comments: _____

1.2.7 Does your child often space out or daze?

Comments: _____

1.2.8 Does your child have difficulty getting along with friends, schoolmates, or teachers?

Comments: _____

1.2.9 If there was a project for children, would you be able to help or organize the activities with children?

Comments: _____

1.2.10 Is there anything else you would like to share with me?

2.1 Key Informant General Questions for Shelter/Staff

Shelter: _____

Date: _____

Indicators: 1 = not true; 2= somewhat true or sometimes true; 3= very true or often true

2.1 How many children are in the shelter right now?

Female _____

Ages

- 0-5
- 5-10
- 10-15

Male _____

Ages

- 0-5
- 5-10
- 10-15

2.2 During the last two weeks, were children/students so distressed/disturbed/upset that they were completely inactive or almost inactive because of such feelings?

Yes

- If yes, how many _____
 - 0-5 children
 - 5-10 children
 - 10-15 children
 - 15-20 children
 - 20 or more children

No

2.3 During the last 2 weeks, for how many children/students were so distressed/disturbed/upset that they were unable to carry out essential activities for because of such feelings?

- 0-5 children
- 5-10 children
- 10-15 children
- 15-20 children
- 20 or more children

2.4 During the last 2 weeks did any children fight or show aggressive behavior?

- Yes
- No

2.4.1 If yes, what form did this take?

- Yelling or tantrums
- Hitting, Kicking, or Biting
- Destruction of property
- Cool-headed bullying
- Verbal attacks
- Attempts to control others through threats or violations

2.5 Do any children/students startle easily or jump when hearing loud or sudden noises?

- Yes
 - If yes, how many _____
 - 0-5 children
 - 5-10 children
 - 10-15 children
 - 15-20 children
 - 20 or more children
- No

2.6 Are there any children who do not want to interact with others and remain isolated?

- Yes
 - 2.6.1 If yes, how many _____
 - 0-5 children
 - 5-10 children
 - 10-15 children
 - 15-20 children
 - 20 or more children
- No

2.7 What activities are being implemented for the children right now?

- Art and Crafts
- Music-related Activities
- Sports Activities
- Others: _____

2.8 What activities do you think could/should be implemented for the children to address the needs we have discussed?

- Art and Crafts
- Music-related Activities
- Sports Activities
- Others: _____

2.9 Is it possible to implement art, music and sports activities here in the shelter? Why or why not?

Answer: _____

2.10 Do you have the time and desire to assist with implementing new activities?

- Yes
- No

Comments: _____

2.11 Is there someone else who is willing and has the time to initiate activities?

- Yes
- No

If yes describe: _____

2.12 Do you have any funds to support activities for children? If yes, approximately how much?

- ₱ 1,000 – 5,000
- ₱ 5,000 – 10,000
- ₱ 10,000 or more

2.13 If there was a new project for children, is it likely that this shelter can continue with them, and find funding for them? \

- Yes
- No

Comments: _____

2.2 Key Informant Nutrition Interview Questions (Shelters/Staff)

Date:

Shelter

2.2.1 How do you determine the menu for the week?

- Availability of resources
- Culturally appropriate food for children
- Other: _____

Comments: _____

2.2.2 How do you pay for food?

- Donations (NGOs, staff, other residents)
- Government
- Other: _____

Comments: _____

2.2.3 What is a typical daily menu? _____

2.2.4 Does it include the following?

4.1 Grains, Roots, and Tubers

- Yes
- No

If yes explain if local foods are available? _____

4.2 Legumes and Nuts

- Yes
- No

If yes explain if local foods available? _____

4.3 Dairy Products (milk, yogurt, cheese)

- Yes
- No

If yes explain if local foods available? _____

4.4 Meat Proteins (beef, fish, poultry and liver/organ meats)

- Yes
- No

If yes explain if local foods available? _____

4.5 Eggs

- Yes
- No

If yes explain if local foods are available? _____

4.6 Vegetables

- Yes
- No

If yes explain if local foods are available? _____

4.7 Fruits

- Yes
- No

If yes explain if local foods are available? _____

2.2.5 What do you need to improve child's diet?

- Financial aid
- Knowledge of what food to prepare
- Access to quality food
- Others: _____

Comments: _____

2.3 Capacity for Implementation

Date:

Shelter

2.3.1 Are there groups that can support the implementation of stress or nutrition activities in this shelter?

- Yes
- No

If yes describe: _____

2.3.2 Are there sustainable means to support nutrition or stress activities for children?

- Yes
- No

Comments: _____

2.3.3 Is there someone that can check for progress or ensure that the activities are implemented according to plan?

- Yes
- No

Comments: _____

2.3.4 Anything else you would like to add or share with me?

Answer: _____

Stress 3. Site Assessment – Observation Only

Shelter: _____

Date: _____

3.1 Observations (space available, tables, etc.) _____

3.2 Is there a space for kids to gather for an activity or to create art?

- Yes
- No

3.2 Will the possible accumulation of noise be an issue?

- Yes
- No

Comments: _____

3.3 Is there an open space outside to play a game?

- Yes
- No

Comments: _____

3.4 Are there open tables that could be used where kids can sit?

- Yes
- No

Comments: _____

3.5 What tools/resources are available?

- Drawing utensils
- Cooking Materials
- Sports equipment
- Others: _____

Comments: _____

3.6 What equipment and resources are required to provide for activities for the children?

Comments: _____

3.7 Is there a park nearby that children can go to?

- Yes
- No

Comments: _____

3.8 Brief Description of where different types of activities can take place.

3.9 Brief Description of sustainability issues related to activity implementation.

Nutrition 4. Key Informant Interview Questions (Parents)

4.1 Hunger Scale

Child/Family ID: _____

Date:

Shelter

4.1.1 In the past [2 weeks/15 days], was there ever nothing to eat because of lack of resources to get food?

- Yes
- No

Comments: _____

4.1.2 How often did this happen in the past [2 weeks/15days]?

- Rarely (1-2 times)
- Sometimes (3-10 times)
- Often (more than 10 times)

4.1.3 In the past [2 weeks/15 days], did you or any household member go to sleep at night hungry because there was not enough food?

- Yes
- No

Comments: _____

4.1.4 How often did this happen in the past [2 weeks/15days]?

- Rarely (1-2 times)
- Sometimes (3-10 times)
- Often (more than 10 times)

4.1.5 In the past [2 weeks/15 days], did you or any household members go a whole day and night without eating anything at all because there was not enough food?

- Yes
- No

4.1.6 Comments: _____

4.1.7 How often did this happen in the past [2 weeks/15days]?

- Rarely (1-2 times)
- Sometimes (3-10 times)
- Often (more than 10 times)

4.2 Food Sources

4.2.1 Do you get your food from one source – the shelter – or multiple sources?

- Yes
- No

4.2.2 What are the sources? _____

4.2.3 What specific food groups do you get from each source?

- Grain, Roots, Tubers
- Legumes and nuts
- Dairy
- Flesh Foods (meat, fish, poultry, etc.)
- Eggs
- Vegetables
- Fruits

Nutrition 4.3 MUAC - can be directly entered into a MUAC data base

Child/Family ID: _____

Date:

Shelter

Child – Name	Age - year/months	Sex	Height	Weight	MUAC Score - cm	Symptoms of Malnutrition

Nutrition 4.4 Observations

Child/Family ID: _____

Date:

Shelter

4.4.1 Does the child have:

- Fluid buildup on the top of the feet
- Hair that is brownish, scanty, straight on the top of the head
- Patchy Skin with color changes
- A large, protuberant belly
- Prominent bones (ribs)
- Loose skin (on lifting)
- Loose skin around the buttocks (baggy pants)

4.4.2 If yes to any of the above describe: _____

4.4.3 If yes has a medical professional been contacted?