

No Disclosures



## New Americans in North Carolina



immigrant population. About 8.6 percent of the state's residents are foreign-born, with at least one immigrant parent. Immigrants make up 11.1 percent of the state's economy in many ways. They account for 14.4 percent of the state's economy.

### OVERVIEW<sup>1</sup>

|                                  |         |
|----------------------------------|---------|
| Immigrant residents <sup>2</sup> | 915,200 |
| Immigrant share of population    | 8.6%    |
| Immigrant taxes paid             | \$9.8B  |
| Immigrant spending power         | \$28.5B |

Security.

Share of immigrant women

49.2%

Share of immigrant men

67,300

Number of immigrant children

5.0%

Share of U.S.-born residents living with at least one immigrant parent

492,500

Number of U.S.-born residents living with at least one immigrant parent

76.3%

Share of foreign-born that are proficient in English

Age Group

Foreign-Born Population

U.S.-Born Population

0-15

6.4%

20.1%

## New Americans in North Carolina



About 8.6 percent of the state's residents are foreign-born, with 5.0 percent being naturalized citizens. Immigrants make up 11.1 percent of the state's population, with 14.4 percent being naturalized citizens.

|                          |       |
|--------------------------|-------|
| Share of immigrant women | 50.8% |
|--------------------------|-------|

|                        |       |
|------------------------|-------|
| Share of immigrant men | 49.2% |
|------------------------|-------|

|                              |        |
|------------------------------|--------|
| Number of immigrant children | 67,300 |
|------------------------------|--------|

|  |      |
|--|------|
| Share of U.S.-born residents living with at least one immigrant parent | 5.0% |
|--|------|

|   |         |
|---|---------|
| Number of U.S.-born residents living with at least one immigrant parent | 492,500 |
|---|---------|

|  |       |
|--|-------|
| Share of foreign-born that are proficient in English | 76.3% |
|--|-------|

|   |                         |
|---|-------------------------|
| Share of immigrant women  | 50.8%                   |
| Share of immigrant men  | 49.2%                   |
| Number of immigrant children  | 67,300                  |
| Share of U.S.-born residents living with at least one immigrant parent  | 5.0%                    |
| Number of U.S.-born residents living with at least one immigrant parent | 492,500                 |
| Share of foreign-born that are proficient in English                    | 76.3%                   |
| U.S.-Born Population  |                         |
| Age Group   | Foreign-Born Population |
| 0-15  | 6.4%                    |
|   | 20.1%                   |

## New Americans in North Carolina



North Carolina has a large immigrant population. About 8.6 percent of the state's residents are foreign-born, 11.1 percent of its U.S.-born residents live with at least one immigrant parent. Immigrants make up 11.1 percent of the state's labor force and support the state's economy in many ways. They account for 14.4 percent of nurses in the state. As STEM workers, immigrants are an integral part of North Carolina's economy.

Mexico/Central Amer/Caribbean 435,861

Asia 261,055

Europe 108,703

Africa 87,889

South America 87,368

All others 22,591

|   |         |
|---|---------|
| Share of immigrant women  | 67,300  |
| Share of immigrant men  | 5.0%    |
| Number of immigrant children  |         |
| Share of U.S.-born residents living with at least one immigrant parent  | 492,500 |
| Number of U.S.-born residents living with at least one immigrant parent | 76.3%   |
| Share of foreign-born that are proficient in English                    |         |

| Age Group | Foreign-Born Population | U.S.-Born Population |
|-----------|-------------------------|----------------------|
| 0-15      | 6.4%                    | 20.1%                |

## New Americans in North Carolina



...are foreign-born,

|  |         |
|--|---------|
| Immigrant household income                     | \$38.3B |
| Total taxes paid                               | \$9.8B  |
| Federal taxes paid <sup>3</sup>                | \$6.6B  |
| State & local taxes paid <sup>4</sup>          | \$3.2B  |
| Total spending power                           | \$28.5B |
| Foreign-born, contributions to Social Security | \$3.8B  |
| Foreign-born, contributions to Medicare        | \$1.0B  |

Security

|   |         |
|---|---------|
| Share of immigrant women  | 67,300  |
| Share of immigrant men  | 5.0%    |
| Number of immigrant children  | 492,500 |
| Share of U.S.-born residents living with at least one immigrant parent  | 76.3%   |
| Number of U.S.-born residents living with at least one immigrant parent |         |
| Share of foreign-born that are proficient in English                    |         |

Age Group

Foreign-Born Population

U.S.-Born Population

0-15

6.4%

20.1%

## New Americans in North Carolina



|   |          |
|---|----------|
| Number of undocumented immigrants <sup>7</sup>                              | 314,000  |
| Share of immigrant population who are undocumented immigrants               | 34.2%    |
| Share of population that is undocumented                                    | 2.9%     |
| Share of workforce that is undocumented                                     | 3.9%     |
| Share of undocumented immigrants who are working age                        | 86.5%    |
| Undocumented entrepreneurs  | 24,100   |
| Undocumented household income   | \$8.4B   |
| Total taxes paid <sup>8</sup>   | \$1.8B   |
| Federal taxes paid  | \$1.1B   |
| State & local taxes paid  | \$631.4M |
| Total spending power  | \$6.7B   |
| Number of U.S. citizens living with at least one undocumented family member | 239,100  |
| Share of U.S. citizens living with at least one undocumented family member  | 2.4%     |

# Assimilation vs. Acculturation

## Assimilation

Adopts dominant culture, gives up own

**Pros:** Social acceptance, fewer external conflicts

**Cons:** Identity loss, isolation, higher depression/anxiety risk

## Acculturation

Adapts to new culture while keeping own

**Pros:** Bicultural identity, resilience, higher self-esteem, social support

**Cons:** Balancing two cultures can be stressful

\* **Acculturation (especially biculturalism)** shows the strongest protective effects on well-being.

# IMMIGRANT MENTAL HEALTH SOLIDARITY NETWORK

**GOAL:** Support an Equitable Mental Health System in North Carolina for immigrants



## Landscape Analysis

2023-2024

- **Challenges:** language barriers, cultural differences, SDOH, discrimination and legal status issues.
- **Strengths:** remarkable resilience through strong family ties, cultural traditions, and community support.
- **Barriers** to accessing mental health services include language challenges, lack of information, economic constraints, and fear of deportation. Cultural stigma
- **Community-based support systems:** religious leaders, traditional healers, community figures bridge gaps in formal health care systems.



# IMMIGRANT MENTAL HEALTH SOLIDARITY NETWORK

**GOAL:** Support an Equitable Mental Health System in North Carolina for immigrants



**Landscape  
Analysis**

2023-2024



**Policy  
Proposal**

- Appropriate Linguistic Services
- Funding for Community Based Services (in particular, Community Mental Health Workers)

# IMMIGRANT MENTAL HEALTH SOLIDARITY NETWORK

**GOAL:** Support an Equitable Mental Health System in North Carolina for immigrants



Landscape  
Analysis

2023-2024

Policy  
Proposal

Convening  
Dec 2025

# Federal and State Policies Impact on immigrants

↑ Fear & Stress  
↓ Healthcare  
Funding & Access

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Anti-Immigrant enforcement

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↑ Fear & Stress  
↓ Healthcare  
Funding & Access

## Anti-Immigrant enforcement

## Funding threats

- Medicaid not funded this year and in years to come
- IPRS / Single Stream reduction
- SNAP benefits reduced or eliminated
- Medicaid renewals every 6 months
- Healthcare Marketplace reduction U48376 Enhanced Tax Credits

# Acculturative Stress, Resilience, and a Syndemic Factor Among Latinx Immigrants

Gonzalez-Guarda et al., 2023



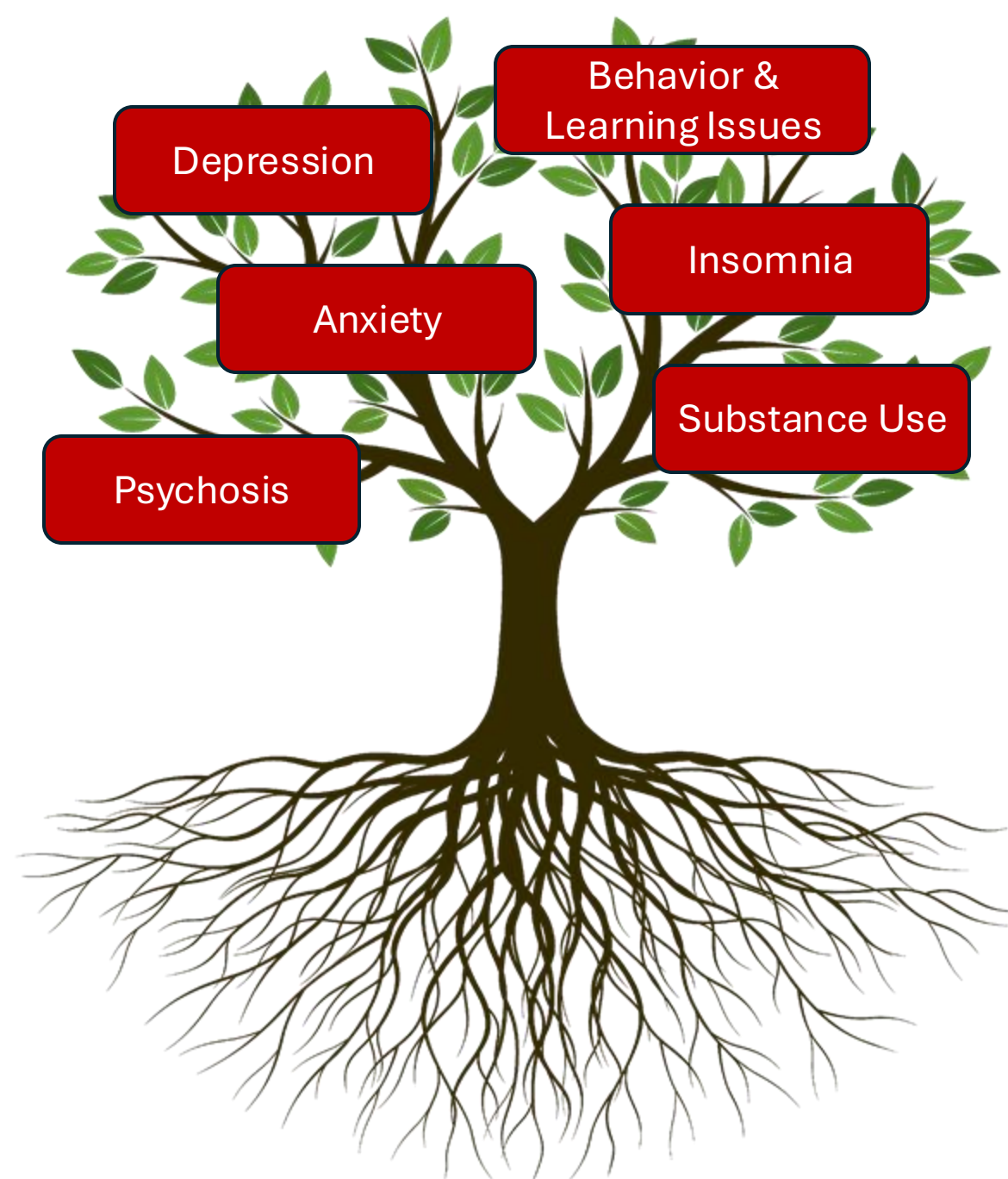
Acculturative Stress

Family

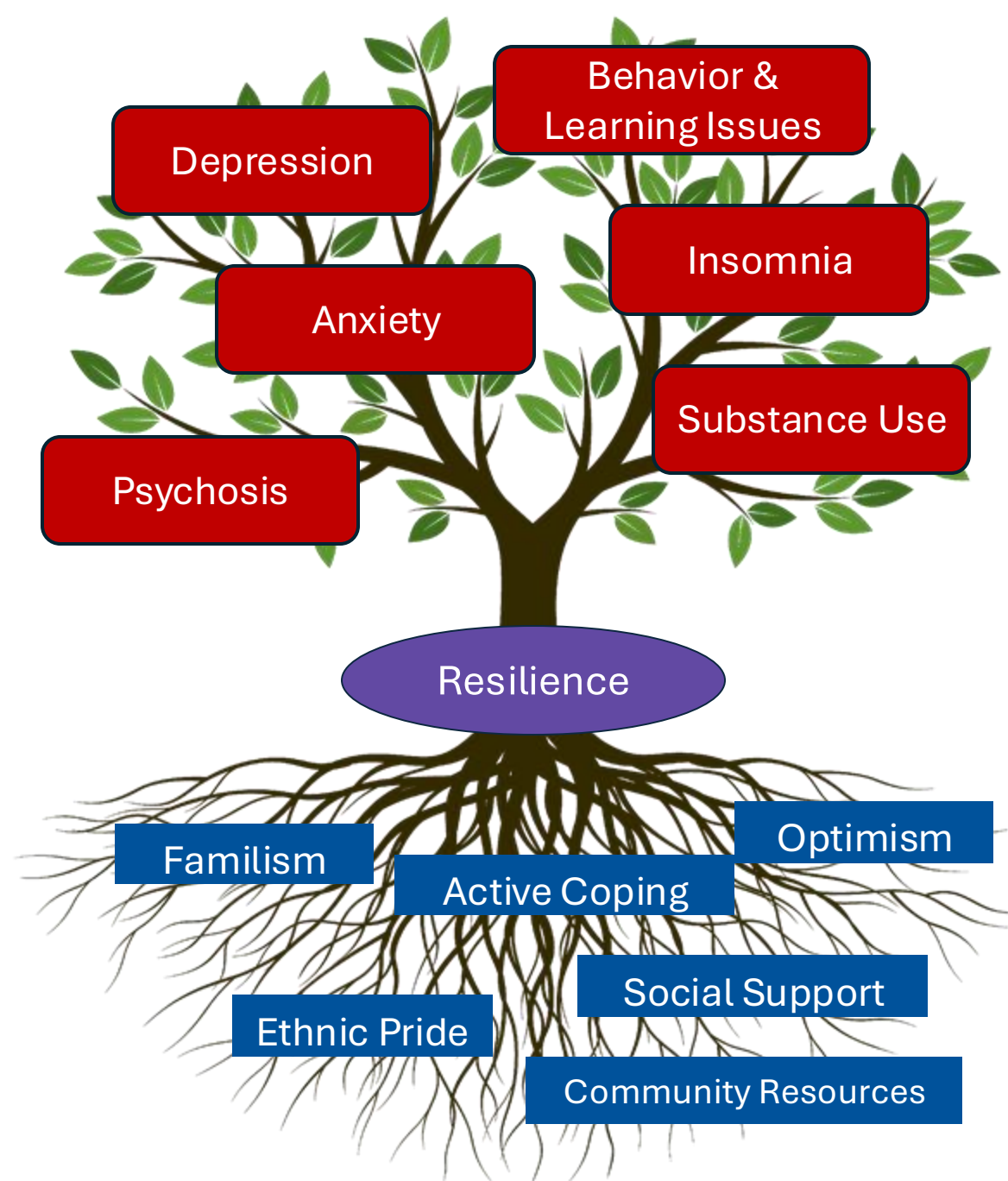
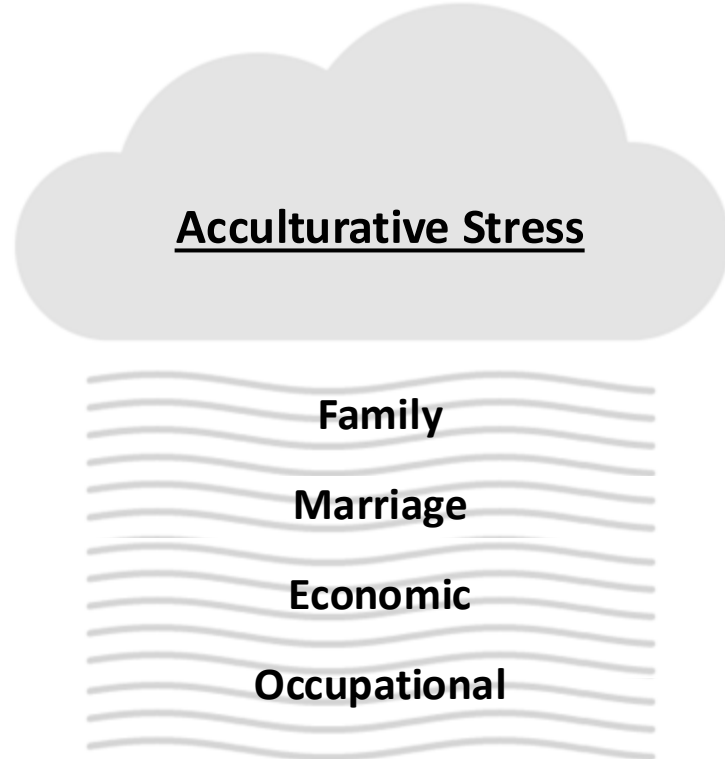
Marriage

Economic

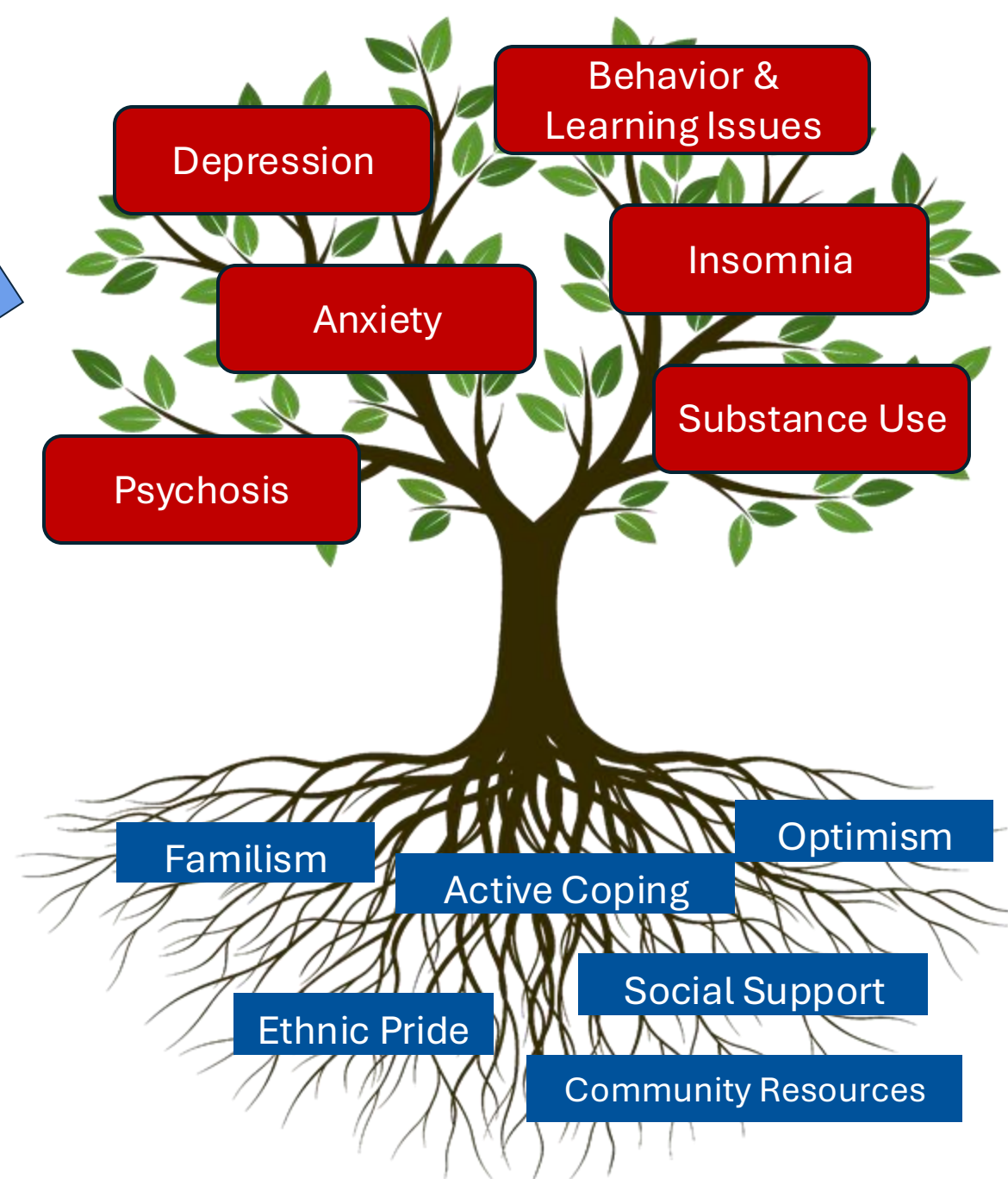
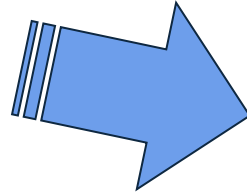
Occupational











## Root Level Interventions



Familism

Active Coping

Optimism

Social Support

Ethnic Pride

Community Resources



## Stepped Care

### Well population

Promotion and prevention by providing advice and self-help resources.



Self-help, Bibliotherapy, Videos, Webinars, Classes, Seminars, Groups, Simulations, Kermes, Training of providers, Community Mental Health Workers, Peer Support Specialists



### At risk groups

Increase early intervention through access to evidence-based alternatives to face-to-face therapy services



### Mild mental illness

Provide and promote access to lower intensity services using a mix of digital and low intensity face-to-face interventions.

Psychological services for those who require them.



### Moderate mental illness

Mainly face-to-face primary care services backed up by psychiatrists.



### Severe/complex mental illness

Wrap around coordinated multi-agency care for people with complex needs. Face-to-face clinical care using a combination of mental health professionals.



Therapy, Psychiatry, Substance Use Counseling

## Workforce

From a larger available pool to fewer, high skilled & requiring more training.

Cost to employ



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Outside the  
walls of our  
clinics

Inside the  
walls of our  
clinics &  
video-  
sessions



Family



Nature



Simulation  
Events



LAYA Advisory  
Council



Peer  
Support



Therapy

Severe/complex  
mental illness



Psychiatry

Moderate mental  
illness

Mild mental  
illness

At risk groups

Well population



Las Posadas



Dia de los  
Muertos



Kermes



"Mentes Fuertes" Community  
Mental Health Workers



Substance Use  
Counseling





Fam



Las Po



Dia de la Muerto

Articles

## Lancet Aug 23, 2025

- Massachusetts and North Carolina, involving 1,044 adults (63% Latino)
- Participants spoke English, Spanish, Mandarin, or Cantonese
- 10 sessions

abstract See full article for appendix 1  
For the Mandarin translation of the abstract see Online for appendix 2

Disparities Research Unit,  
Department of Medicine,  
Massachusetts General  
Hospital, Boston, MA, USA  
(M Alegria PhD,  
M Cruz-Gonzalez PhD,  
I Falgas-Bague MD,  
S L Markle MIA, L Fuentes PhD);  
Department of Medicine  
(M Alegria, M Cruz-Gonzalez,  
I Falgas-Bague) and Department  
of Psychiatry (M Alegria),

**Methods** Strong Minds—Strong Communities was a longitudinal, randomised trial done in 37 community-based organisations and clinics in Massachusetts and North Carolina. Adults aged 18 years and older speaking English, Spanish, Mandarin, or Cantonese, with moderate to severe depression or anxiety symptoms assessed using the Computerized Adaptive Test for Mental Health (CAT-MH), were eligible for inclusion. Participants were randomly assigned (1:1) to a psychoeducational intervention provided by community health workers or a usual care condition, which constituted receiving a US National Institutes of Health booklet about anxiety and depression. Both conditions included referrals for social determinants of health. The trial was stratified by site using computer-generated blocks of size 2. Investigator-blinded outcome assessors were used for treatment allocation, but outcome assessors were not blinded to treatment allocation. Primary outcomes were in self-reported depression and anxiety symptoms using the World Health Organization Depression and Anxiety Scales, and quality of care using the Global Evaluation of Care. Secondary outcomes were in self-reported depression and anxiety symptoms using the intention-to-treat population.

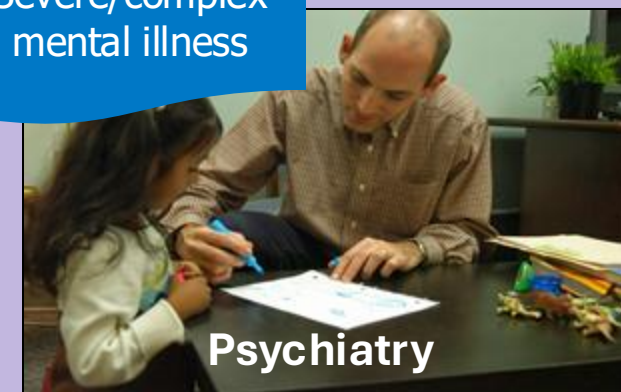
"Mentes Fuertes" Community Mental Health Workers

Inside the walls of our clinics & video-sessions



Therapy

Severe/complex mental illness



Psychiatry



Substance Use Counseling





Fam



Las P



Dia de los Muertos

Articles

## After 6 months:

- **Reduced depression and anxiety**
- **Better daily functioning** (able to work, care for family, and manage life more effectively).
- **Higher satisfaction / feasibility**

appendix 2  
Disparities Research Unit,  
Department of Medicine,  
Massachusetts General  
Hospital, Boston, MA, USA  
(M Alegria PhD,  
M Cruz-Gonzalez PhD,  
I Falgas-Bague MD,  
S L Markle MIA, L Fuentes PhD);  
Department of Medicine  
(M Alegria, M Cruz-Gonzalez,  
I Falgas-Bague) and Department  
of Psychiatry (M Alegria),  
done in  
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anxiety symptoms assessed using the  
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anxiety and depression. Both conditions included referrals for social determinants of health  
was stratified by site using computer-generated blocks of size 2. Investigators  
treatment allocation, but outcome assessors were blind to treatment allocation.  
in self-reported depression and anxiety symptoms using the  
functioning using the World Health Organization Disability Assessment Schedule  
quality of care using the Global Evaluation of Health Services (GEHS) questionnaire.  
the intention-to-treat population.

mental health care with  
programme:  
ton, Andrew Supple,  
mental health services in reaching  
national intervention aimed at  
and linguistic minoritised  
centre, longitudinal, randomised trial  
subjects and North Carolina). Adults  
with moderate to severe depression or  
Health (CAT-MH), were eligible for  
intervention provided by community  
National Institutes of Health booklet about

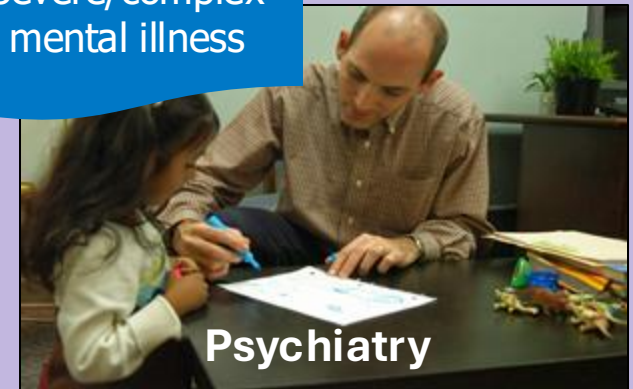
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# Hub & Spoke Model







# A Way Forward

- Community engagement and based interventions
- Linguistic services -Pipeline development - Workforce
- Practice support
- Collective wellbeing
- Better integration of health systems (i.e. Public Health)
- Reverse Translation of global health strategies to the US

# El Futuro

**1. Attend our Community Fiesta (aka Kermes) is on September 28th from 4-7pm.** There is food, music, dance, and culture! This is a great way to show solidarity with the Latino community, supporting them with our presence and by purchasing food and crafts.

**2. Come to our big Dia de los Muertos Auction Fundraiser on November 1**

**3. Sign-up for our monthly newsletter**

**4. Make a donation!**



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