



Universiteit
Leiden
The Netherlands

Assessing the psychological distress and mental healthcare needs of unaccompanied refugee minors in the Netherlands

Bean, T.

Citation

Bean, T. (2006, October 19). *Assessing the psychological distress and mental healthcare needs of unaccompanied refugee minors in the Netherlands*. Retrieved from <https://hdl.handle.net/1887/4921>

Version: Not Applicable (or Unknown)

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/4921>

Note: To cite this publication please use the final published version (if applicable).

Acknowledgements

First and foremost, I want to thank the individual young people, guardians, caregivers, teachers, schools and reception centers that all took part in this study. Without their willingness to participate and flexible attitudes, this project could not have been done. I am truly grateful to each and every one of them.

I would especially like to thank the unaccompanied minors, whom were courageous enough to take part and document their emotional suffering. I have great respect for them and for their perseverance amidst the great hardship which fate has laid across the beginning of their life journey. I was dismayed by their horrifying recollections of loss and terror. Time and time again, I was reminded of the appalling cruelty humans can show to each other, even to unprotected and innocent children and youth. To each of them, I wish strength and wisdom, to first endure and overcome the hardship and second, to be able to make the difficult decisions that they will be forced to make in the future.

I would like to thank the supervisory commission of the project “Unaccompanied Refugee Minors and the Dutch Mental Healthcare Services” for their high-quality guidance and advice. Each member of the commission, V. Kouratovsky, A.M. Richters, R. Reis, T.M.M. Hermanussen, G.F.M. Versteegen, J. Lanphen, E.H.M. Hirsch-Ballin, W.C. Kleijn, and J.W. Reerds had a different viewpoint from their specific field of expertise which enabled broad and lively discussions about how the project should be set-up, carried-out, and how the results and recommendations could be written. I am thankful for your contributions to this work.

In addition, I want to thank Stichting Achmea Slachtoffer en Samenleving (SASS) for funding the writing of this dissertation. I am grateful for the opportunity and time that you provided me with to finish my work. The Nidos Foundation lent their cooperation and collaboration to this project in a multitude of ways. They fulfilled a key role in the organization of this study. I thank Nidos for its contributions. I especially thank Dorry Hermanussen, from Nidos, for her patience, advice, and work that contributed to the completion of this study.

I would like to thank Titia Feldman and Jan van Burg from the COA for their help in locating the older minors who were no longer under the supervision of Nidos for the second assessment of the study. The work of my colleague at the University in Ghent, Ilse Derlyun, was crucial in being able to make between group comparisons and to validate the psychological self-report instruments. I am grateful to Ilse for her cooperation and friendship.

Next, I would like to thank all the research assistants that took part in this study Huibke, Claire, Arnout, Rob, Douwe, Tom, Suhail, Hilke, Elseline, Hanna, Erika, Selma, Esther, Edith, Katinka, Iris, Olga, Fiona, Carin, Rozemarijn, Bouwine, Patricia, Annet, Anne, Lianne, Hanna (Uhr), Inke, Hans, Fatiema, Demet, Daphne, Leon, Lenneke, Marieke, and Bea. And especially to Adrie Seldenrijk who worked with me during both entire assessment periods. Thank you all for your hard work, time, energy, and friendship. I have fond memories of working with all of you.

I would like to thank Centrum '45 for their financial, administrative, and technical support of this research project. I am truly appreciative for having had the opportunity to conduct this large project from a mental healthcare center which provided a natural link between research and practice. Above all, I would like to thank Marion Sprünken for her

unending support (administrative, advice, encouragement...) of my work from my very first day at Centrum '45.

To all of the special people that provided me with an secure base in my life, I needed (and still need) to have accomplished the things I have from very humble beginnings- Thank you; The Farmwald family, especially Ruby and Kenny, Mary Lou and Clayton Reed, Wes Bontrager, Lee and Betty Hochstetler, Jim and Wanda Hartman, Grandpa Ray (deceased), and Harold and Lois Miller. You all will always hold a special place in my heart.

And last, but not least my husband Rob. Ten years ago, we started our journey together. Without your sacrifice and support, these last years would have been unbearable. Thank you for always, always being there when I needed you.

Tammy

Curriculum Vitae

Tammy Bean, born in 1971 in Elkhart, grew-up in Northern Indiana (Amish and Mennonite country). She graduated from a small high school, Northwood in 1990. After a year of following pre-medicine classes at Messiah College, Pennsylvania, she participated in an exchange program in Hong Kong for one year, 1991-1992. She resumed her education majoring in Psychology at Goshen College in Indiana. During her study, she worked with severely emotionally disturbed adolescents at several mental healthcare facilities as a mental health worker from 1992 to 1995. She graduated with a Bachelor's degree in the Arts from Goshen College in 1995.

Again her travels took her abroad for another exchange program, this time to the Netherlands (1995-1996). However, after a short stay in the States in 1996, she returned to the Netherlands (and her future husband) and began Dutch language classes at Leiden University in 1997. In the fall of 1997, she was allowed to begin taking regular classes in Psychology. Tammy wished to specialize in Clinical Child and Adolescent Psychology in 1998 and was allowed to assemble her own “afstudeerrichting (classes)” because Leiden University did not offer it standard. During her study, she also worked at the International Child Development Initiatives in Leiden to assist in setting up a Youth Monitor for The Hague “Jong in Den Haag”.

At the start of 1998, since she had always had a great interest for other cultures, adolescents with troubled backgrounds, and after living for several years in the multicultural city of The Hague, she knew she wanted to develop/modify a psychological instrument to measure posttraumatic stress by refugee and immigrant youth. Tammy wrote to De Vonk/Stichting Centrum '45 (unit for the treatment of refugees and asylum-seekers that suffer from the consequences of organized violence) in 1999 and was allowed to do her Master level internship at De Vonk/Stichting Centrum '45 and to carry out a research project in schools throughout the Hague, in which she could develop/modify a psychological instrument to measure traumatic stress reactions by adolescents. She graduated *cum laude* for her Master's in Science from Leiden University in Clinical Child and Adolescent Psychology in 2000.

She was asked in 2000 by Professor J.N. Schreuder (former director of Stichting Centrum '45, a mental healthcare center which treats people suffering from the consequences of organized violence) to re-write a research proposal and carry out a project with Unaccompanied Refugee Minors which she did. This project (2001-2004) was financed by Achmea Victim and Society Foundation, the Health Research Development Counsel (ZON-Mw), and Centrum '45. The writing of this dissertation (2005 until mid-2006) was totally financed by Achmea Victim and Society Foundation. Tammy also worked as a research consultant with the Omega Healthcare Center in Graz, Austria on several European projects since 2000.

Tammy continues her work with traumatized children and adolescents in a Post-Doctoral Research Fellowship in Child/Adolescent Psychiatry at the University of Pittsburgh School of Medicine, Western Psychiatric Institute and Clinic. The focus of the Post-Doctoral Fellowship is on treatment implementation and mental health services research with children and youth.