

# PROJECT SPRINT

Social-Emotional Training for Refugee Caregivers and Service Providers

## ABOUT SPRINT

Supporting Prosociality and Resilience in Newcomer Transitions (SPRINT) is a culturally adapted training (currently in the pilot stage) for refugee caregivers and service providers who work with refugees to promote their well-being and support refugee children's social-emotional capacities and well-being.

**A focus on three core social-emotional capacities:**

**Emotion Regulation**



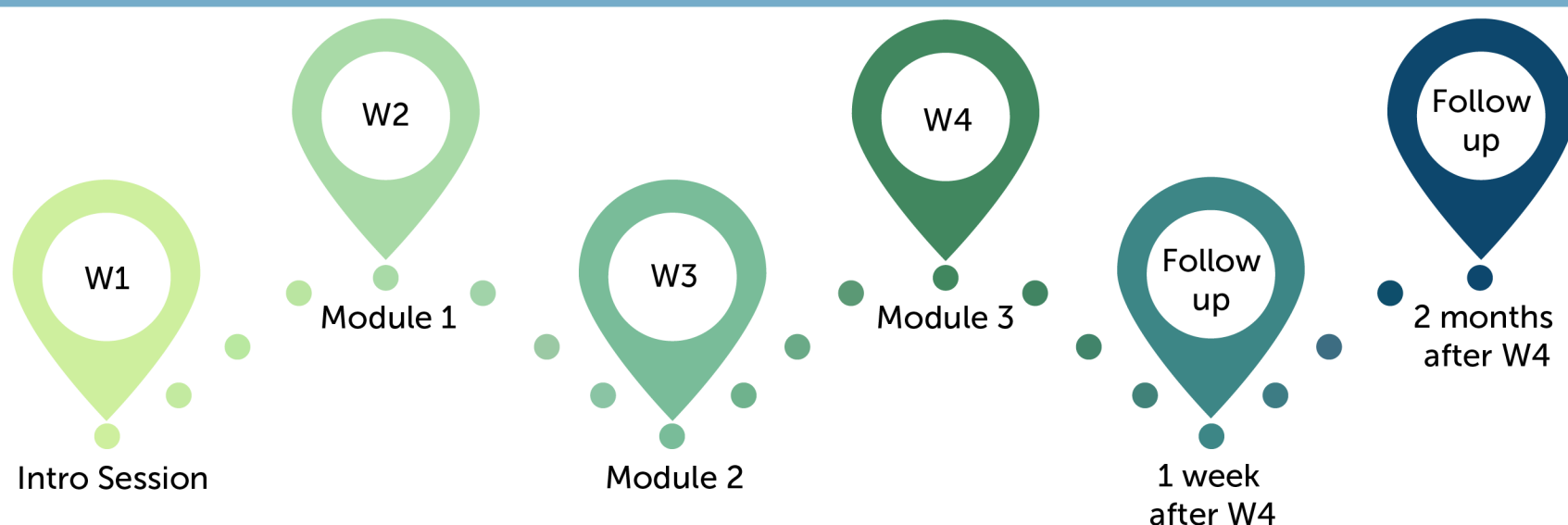
**Empathy for the Self**



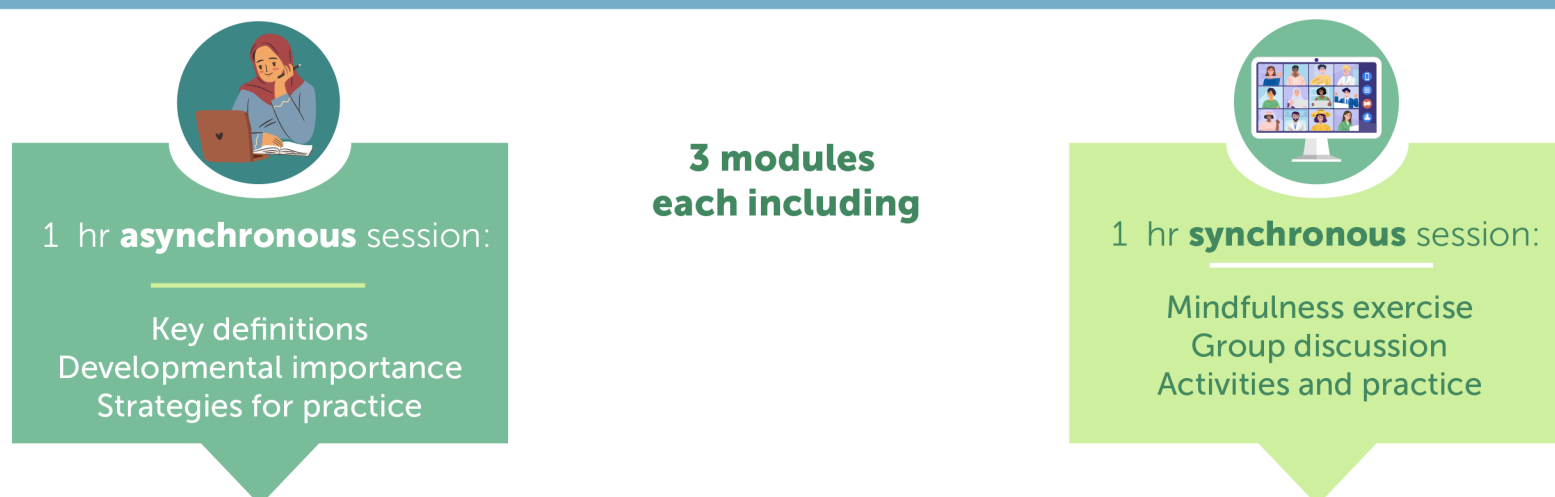
**Empathy for Others**



## SCHEDULE

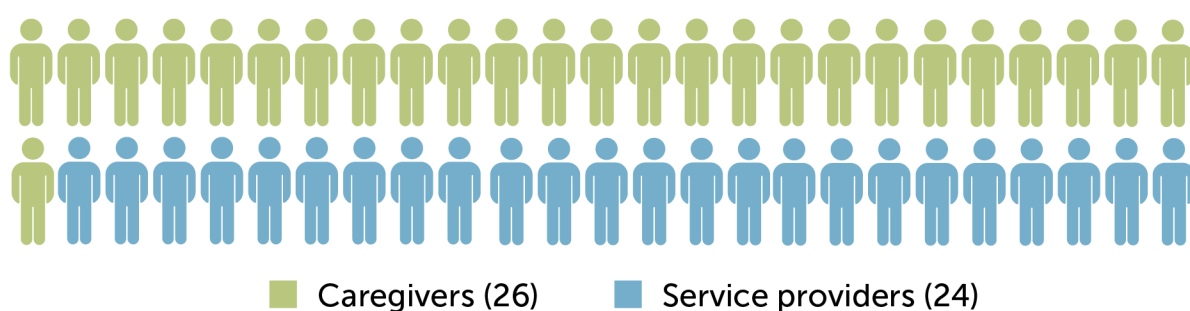


## STRUCTURE



## PARTICIPANTS

50 refugee caregivers and service providers who have or work with children between the ages of 2–12 years in the Greater Toronto and Hamilton Areas (GTHA) and Calgary.



## RESULTS



Refugee caregivers who were most likely to use the training strategies at home had children who showed the greatest increases in empathy for the self and the greatest decreases in behavioral and emotional problems from before to after the training.

Refugee caregivers' and service providers' knowledge of core social-emotional capacities increased and was maintained 2 months after the training.



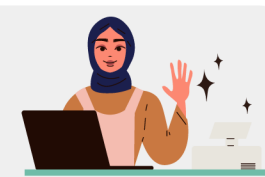
Caregivers and service providers who gained the most knowledge across the training reported the greatest decreases in depression symptoms across the same period.



## TAKE-HOME MESSAGES

1

Social-emotional trainings may represent a promising avenue to supporting refugee child, refugee caregiver, and service provider social-emotional capacities and well-being.



2

Training programs should involve community members in every step to ensure that training content and benefits are sensitive to the cultural and well-being needs of all participants.



3

Applying research-based knowledge through training strategies may help participants translate social-emotional and mental health awareness into real-world, lasting impacts for themselves and children.



- This data was collected as part of the Supporting Prosociality and Resilience in Newcomer Transitions (SPRINT) project.
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