Dr. Basia Ellis is a sociocultural psychologist and Assistant Professor of Child Development at California State University, Sacramento. Her research has examined the psychological impact of undocumented status on immigrants living in the United States and in Canada. In this webinar series, Dr. Ellis will introduce the “undocumented stress cycle” and discuss helpful, research-informed practices for educators and other professionals seeking to support the well-being of undocumented young persons and those from mixed status families.

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*Webinar contents will be accessible to Deaf and hard of hearing people.

All webinars will build upon each other. Thus it is recommended that participants tune in to all four webinars to gain the most out of this series.
Webinar 1
Understanding the Undocumented Stress Cycle
Friday, March 29, 2019  |  10AM-11:30AM

RSVP via Eventbrite
https://understandingundocustresscycle.eventbrite.com

In this webinar, Dr. Ellis (a) introduces the Undocumented Stress Cycle (USC); (b) discerns different phases of the USC; and based on this knowledge, (c) discusses best practices for creating “stressor-free” safe spaces. The USC helps explain the psychological experience of living with undocumented status and the way it is perpetuated by status-related stressors. Dr. Ellis uses examples from long-term observations and in-depth interviews with undocumented young people to illustrate different phases of the USC, which include moments of acute deportability; hustling; chronic fears and concerns; and coping. Next, she discusses the varieties of status-related stressors encountered by young people living with undocumented status to help inform best practices for creating “stressor-free” safe spaces.

Webinar 2
Psychological First Aid and Immediate Support for Young People Impacted by Undocumented Status
Friday, April 5, 2019  |  10AM-11:30AM

RSVP via Eventbrite
https://immediatesupport.eventbrite.com

This webinar focuses on the second and third phases of the Undocumented Stress Cycle: moments of acute deportability and hustling. Moments of acute deportability are important because they comprise highly stressful and vulnerable experiences during which young people require immediate psychological and practical (hustling) support. The aims of this webinar are to (a) propose Psychological First Aid as a set of strategies helpful for addressing young peoples’ high levels of stress; and (b) introduce “co-hustling” as a necessary, creative practice for professionals seeking to help young people who lack access to formal institutional resources and supports. Given the unique vulnerability of undocumented teens who are often experiencing status-related barriers for the first time in their lives, Dr. Ellis gives special consideration to these early moments of acute deportability.

All webinars will build upon each other. Thus it is recommended that participants tune in to all four webinars to gain the most out of this series.
Webinar 3
From Concern to Community: Social Supports to Heal and Promote Self-Determined Lives
Friday, April 12, 2019  |  10AM-11:30AM

RSVP via Eventbrite
https://concerntocommunity.eventbrite.com

This webinar focuses on the fourth and fifth phases of the Undocumented Stress Cycle, which involve experiences of chronic fears and concerns as well as the various ways young people learn to cope with them. Social contexts play a crucial role in shaping how young people learn to make sense of their status and their possibilities for living fulfilling lives. Accordingly, the goals of this webinar are to (a) discuss prominent concerns and struggles experienced by young persons impacted by undocumented status and (b) identify useful practices for helping young persons develop self-compassion and affirmative identities that can lead to more self-determined ways of living. Dr. Ellis will give special attention to the various ways young people “come out” about their status to help sensitize professionals to both the risks and benefits experienced by youth as they make decisions about revealing their status to others in various settings.

Webinar 4
Healthy Activism and Long-Term Well-Being: What does it take?
Friday, April 26, 2019  |  10AM-11:30AM

RSVP via Eventbrite
https://healthyactivismlongtermwellbeing.eventbrite.com

This webinar takes a long-term look at the Undocumented Stress Cycle and what long-term well-being might mean for young people impacted by undocumented status. Dr. Ellis considers the role of activism in the lives of undocumented young persons, as undocumented activists are often treated as models of youth empowerment and resilience. Yet, while activism serves as a valuable means for helping young people develop positive identities, it also poses social risks and personal challenges that frequently go unacknowledged both by professionals and activists themselves. The objectives of this webinar are thus to identify (a) how activism supports the psychosocial development of undocumented young persons; (b) what risks are involved in activism (including what to avoid when inviting young persons to share their stories); and (c) what other (non-activist) trajectories support the long-term well-being of young impacted by undocumented status.

All webinars will build upon each other. Thus it is recommended that participants tune in to all four webinars to gain the most out of this series.