



Center for Adjustment, Resilience and Recovery

March 2022

The International Rescue Committee is excited to launch a multi-year project in the United States called the Center for Adjustment, Resilience, and Recovery (CARRE).

What is CARRE?

The Center for Adjustment, Resilience and Recovery (CARRE) is a new initiative from the International Rescue Committee to prevent and mitigate the impact of traumatic stress on forcibly displaced children, youth and families. As a nationally designated NCTSN Category II Center, CARRE represents a collaborative effort between the IRC and the National Child Traumatic Stress Network (NCTSN), via the generous support of the Substance Abuse and Mental Health Services Administration (SAMHSA).



Family playing on the beach. J Cho, 2017.

CARRE seeks to ensure that refugee, asylum-seeking, and other forcibly displaced children, youth, and families receive culturally responsive, evidence-based, and trauma-focused treatments and service interventions across a wide array of systems.

How will CARRE prevent the long-term negative impacts of childhood traumatic stress?

CARRE's goals are to:

- Increase the knowledge and skills needed to effectively serve forcibly displaced children, youth and families coping with traumatic stress;
- Culturally adapt and implement evidence-based, high impact traumatic stress interventions with forcibly displaced children, youth, and families; and
- Facilitate the knowledge exchange between subject matter experts, service agencies, and affected communities to promote adjustment, resilience and recovery in those forcibly displaced to the United States.

How can CARRE help me in my work?

CARRE provides training and technical assistance with:

- Program development for mitigating negative impacts of childhood traumatic stress in forcibly displaced populations.
- Educational products that will improve awareness, information and skills for providers on childhood traumatic stress and forcibly displaced populations.
- Tailored consultation services for specific programmatic and service delivery needs that will include cultural responsiveness to population need and engagement in care.
- Guidance on standardized measures appropriate for use with children, youth and families who have experienced forced displacement.
- Facilitation of connections and partnerships between providers to improve the continuum of care for the service population.

CARRE will also facilitate pilots of culturally adapted evidence-based treatments for families who have experienced forced displacement – if you're interested, sign-up for our newsletter to learn more!

How do I get in touch with the CARRE team?

You can fill out a short survey to [request training and technical assistance](#), sign up for our [mailing list](#), or email us at CARRE@rescue.org!

Who is the CARRE team?

The Center for Adjustment, Resilience, and Recovery (CARRE) is comprised of a core team of five talented and dedicated individuals along with an expansive roster of subject matter experts.

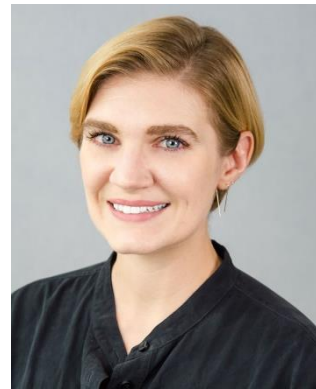


Beth Farmer, Principal Investigator

Beth is a Licensed Clinical Social Worker with more than three decades of experiencing providing services to people who have experienced trauma. The last 15 years Beth has developed and directed programs for refugees, asylum seekers, and others who have been forcibly displaced. She currently directs the Safety, Education & Wellness technical unit for IRC's Resettlement, Asylum and Integration department. Beth lives in Seattle, WA and enjoys long walks, coffee, books, and all furry creatures.

Jessica Dalpe, Project Manager & Co-Investigator

Jess Dalpe is a Licensed Social Worker who has worked in the international social work field for over a decade. Jess's work focuses on generating and integrating evidence-based practices related to gender-based violence and mental health and psychosocial support for refugees, asylum-seekers, and other immigrants in the US who have faced forced displacement. She currently works as the Senior Technical Advisor for Safety & Wellness at IRC. Jess lives in coastal New Jersey where she enjoys outdoor adventures with her dog and partner and cuddling up with a cup of tea and her cats.



Leena Zahra, Project Operations Senior Coordinator

Leena Zahra is a Project and Operations Senior Coordinator for the IRC, and a Syrian American social impact bridge builder. With over seven years of strategic humanitarian community outreach, program management and advocacy experience, she has worked with small to large scale Nonprofits, NGOs, and government agencies like the World Food Program (WFP), International Rescue Committee (IRC UK), Karam Foundation, and U.S. Senate. She has a Master's in International Development and Humanitarian Emergencies from the London School of Economics (LSE), with a specialization and interest in amplifying community voices and shifting the narrative for globally displaced persons. With roots in the Midwest, Leena currently lives in

Baltimore, MD and enjoys traveling, visiting coffee shops, watching movies, journaling and spending time with loved ones.

Marwah Maasarani, Evaluation Officer

Marwah Maasarani is the Evaluation Officer for the Research, Analysis and Learning team at the IRC. As Evaluation Officer, Marwah leads various evaluation projects at IRC for the Resettlement, Asylum and Integration (RAI) department including the evaluation of the CARRE, and internal initiatives to strengthen outcomes focused, evidence-based, data-driven, client-informed programming. Marwah holds a Bachelor's Degree from Wellesley College in Economics and Middle Eastern Studies and a Diploma in Monitoring and Evaluation from NYU. Marwah lives in New Jersey where she spends time chasing after her three little ones, looks for ways to earn stamps on her passport, and tries her best not to overindulge on chocolate ice cream.



Giuseppe Mercuri, Operations Coordinator

Giuseppe Mercuri is the Program Quality and Innovation Unit's (PQI) Operations Coordinator at IRC and is a member of the CARRE team. He performs a wide range of administrative and operational functions to support the advancement and coordination of projects, grants, events, and other activities of PQI. For CARRE, Giuseppe is critical with contracting budgeting, and completing necessary administrative tasks for the project. Giuseppe is originally from Italy, and he likes to play soccer, read books, and train in Muay Thai during his free time.

Prepared by:

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