

Solidarity Through Resilience: Immigrant Mental Health Convening 2026

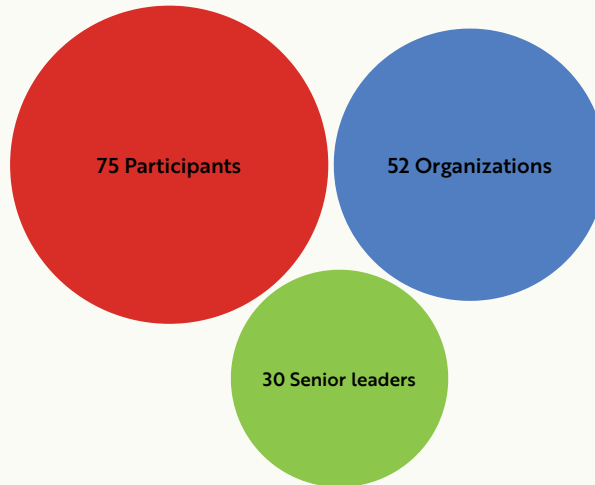
On March 2–3, 2026, the Immigrant Mental Health Solidarity Network Convening brought together 75 leaders from across North Carolina for two days of training, restorative movement, and connection, creating an inspiring space that strengthened resilience and collaboration statewide.



Participants at the 2026 IMHSN Convening

Statewide Representation

Participants represented regions across the state and sectors vital to immigrant mental health, with over two-thirds from immigrant-serving nonprofits and advocacy groups. Government, research, and healthcare partners also participated, supporting strong cross-sector collaboration.



Agenda

Participants chose from a breadth of workshops and trainings that best suited their organizations interests and needs. Topics included:

- Policy making
- Grant writing
- Coalition building
- Introduction to mental health conditions in immigrant communities
- Interventions successfully working with and for immigrant groups

These sessions allowed participants to directly engage with leaders in the field as well as share their own expertise and lived experiences.

Presenters and Speakers

The convening brought together a group of speakers whose identities, expertise, and lived experiences reflect the full diversity of North Carolina's immigrant, refugee, and BIPOC communities.

Presenters included:

- State and local policymakers
- Movement and wellness practitioners
- Youth leaders
- Community health workers
- Mental health clinicians
- Coalition builders

Presenters represented cultures and languages from:

- Latin America
- East and Southeast Asia
- The Caribbean
- Multiple African regions

Similarly, each speaker had their own strength and background, including:

- Trauma-informed care
- Public policy
- Grassroots organizing
- Clinical practice
- Youth empowerment
- Community-driven mental health initiatives

In this way, the speaker line-up aimed to ensure leadership shaping immigrant mental health in our state truly mirrors the communities we serve.



Feedback

Participants shared overwhelmingly positive feedback, calling the Convening an empowering space to learn, connect, and bring new tools back to communities. They highlighted the practical value of the trainings and the restorative, community-building atmosphere.

Scan or click here for more info. about the Convening!



<https://elfuturo-nc.org/2026-immigrant-mental-health-solidarity-convening>

