



In November 2025, The Center for Adjustment, Resilience and Recovery (CARRE)\* shared its fifth annual needs assessment with its network. Using a combination of purposive, convenience, and snowball sampling, CARRE disseminated the survey to mental health providers, National Child Traumatic Stress Network (NCTSN) members, cultural validators, Community Advisory Board (CAB) members, and other CARRE associates. The results will help guide its technical assistance and training efforts for FY26.



**55**

Total responses



**67%**

Have received CARRE services



**87%**

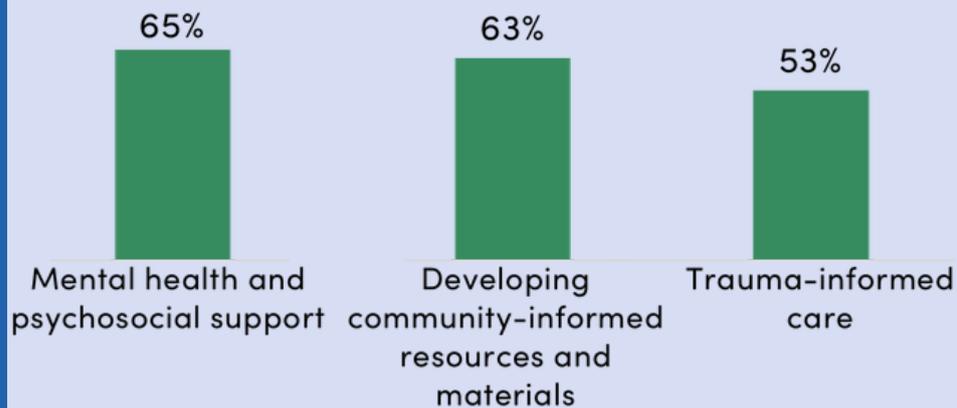
Are interested in webinars



**86%**

Are interested in resources

### Top 3 Webinar Topics of Interest (n=40)



### Resource Topics of Interest

- How to adapt materials and interventions so they are understood, impactful, and meaningful
- Evidence-based interventions
- Types of mental health services/resources (and how to access them)
- Safe and free practices that clients can follow at home
- Impacts of trauma on child development and family dynamics

*\*The Center for Adjustment Resiliency and Recovery (CARRE), an initiative of the International Rescue Committee (IRC) and the National Child Traumatic Stress Network (NCTSN), is a technical assistance program made possible by the generous support of the Substance Abuse and Mental Health Services Administration (SAMHSA).*





## Top Provider Needs:

Applied, trauma-informed, and culturally responsive content:

*“Client-facing digital resource that speaks the language and culture of the resource seeker is the need of the day.”*

Both direct service and organizational capacity-building:

*“Staff burnout is real and is nearing closer every day due to the high needs in the community.”*



Community-informed, collaborative, cross-sector approaches:

*“Continue engaging community members directly in the design, review, and dissemination of resources to ensure cultural and linguistic relevance.”*

## How CARRE is Already Responding to Needs:

- Curating a training series on how providers can both support forcibly displaced families and enhance their self-care practices and wellbeing in times of uncertainty.
- Translating and validating two client-facing resources on navigating uncertainty for children with histories of trauma in up to seven languages (Hmong, Karen, Dari, Haitian Creole, Somali, Ukrainian, and Pashto) in partnership with NCTSN and Minnesota Association for Children's Mental Health.
- Continuing quarterly engagement with its Community Advisory Board.
- Sharing out recommended and timely resources with the Association of Refugee Health Coordinators.

*“The depth of knowledge and expertise shared by the CARRE team is always appreciated. Thank you for being responsive to changing needs and being accessible for support.” - Needs Assessment Respondent*