On US-Mexico Border, Groups Help Migrants with Severe Problems

在美墨边境，团体帮助移民解决严重问题

Many migrants are arriving at the U.S.-Mexican border in need of medical and mental health treatment.

许多移民抵达美墨边境需要医疗和心理健康治疗。

Doctors, social workers, shelter directors, clergy and law enforcement officials say growing numbers of migrants have experienced or witnessed violence.

医生、社会工作者、收容所负责人、神职人员和执法人员表示，越来越多的移民经历或目睹了暴力。

Dr. Brian Elmore volunteers at a health center in Ciudad Juarez, Mexico. The city is on the U.S.-Mexico border. Elmore has treated about 100 migrants for viruses affecting the lungs and some for emergencies.

Brian Elmore 医生在墨西哥华雷斯城的一家健康中心做志愿者。这座城市位于美墨边境。埃尔莫尔已经治疗了大约 100 名感染肺部病毒的移民，还有一些人接受了紧急治疗。

But he said trauma worries him the most.

但他说创伤最让他担心。

"Most of our patients have symptoms of PTSD — I want to initiate a screening for every patient," said Elmore who is an emergency doctor at Clinica Hope. PTSD stands for post-traumatic stress disorder. It is a condition of extreme tension caused by a shocking or severe event in the past.

“我们的大多数患者都有 PTSD 的症状——我想对每位患者进行筛查， ”Clinica Hope 的急诊医生 Elmore 说。PTSD 代表创伤​​后应激障碍。它是由过去发生的令人震惊或严重的事件引起的极度紧张状态。

But there are few resources for this kind of care. Shelters have been flooded by new arrivals and migrants who have been in Ciudad Juarez for months. Only the most severe cases are treated.

但是这种护理的资源很少。已经在华雷斯城待了几个月的新移民和移民涌入避难所。只有最严重的病例才会得到治疗。

"Like a pregnant 13-year-old who fled gang rapes, and so needs help with childcare and middle school," said Zury Reyes Borrero. Borrero works in Arizona with the Center for Victims of Torture. He said he visited such a girl when she gave birth. "We get people at their most vulnerable," he said.

Zury Reyes Borrero 说：“就像一个逃离轮奸的 13 岁怀孕女孩一样，在托儿和中学方面需要帮助。” Borrero 在亚利桑那州的酷刑受害者中心工作。他说，在她生产时，他去看了这样一个女孩。“我们让人们处于最脆弱的状态，”他说。

In the past six months, Reyes Borrero and a coworker have worked with about 100 migrants in Catholic Community Services' Casa Alitas. It is a shelter in Tucson, Arizona. In December, Casa Alitas was receiving about 700 people daily released by U.S. officials. They came from countries including Congo and Mexico.

在过去的六个月里，雷耶斯·博雷罗 (Reyes Borrero) 和一位同事在天主教社区服务中心的 Casa Alitas 与大约 100 名移民一起工作。这是亚利桑那州图森市的一个避难所。去年 12 月，Casa Alitas 每天接收大约 700 名美国官员释放的人。他们来自刚果和墨西哥等国家。

Each visit can take hours, as the case workers try to build trust with migrants, Reyes Borrero said.

Reyes Borrero 说，每次访问都可能需要几个小时，因为个案工作人员试图与移民建立信任。

Most migrants are traumatized by what they left behind or what they saw on their trip, said Leonce Byimana. He is director of U.S. clinical services for the Center for Victims of Torture. He said the migrants need "first-aid mental health" as well as long-term care that is even harder to get once they leave the shelters.

莱昂斯·比伊马纳 (Leonce Byimana) 说，大多数移民都因他们留下的东西或在旅途中看到的东西而受到创伤。他是酷刑受害者中心的美国临床服务主任。他说，移民需要“急救心理健康”以及离开避难所后更难获得的长期护理。

Left untreated, trauma can get worse to the point where it requires psychiatric care instead of treatment and self-help, said Dylan Corbett. He is the Hope Border Institute's director, the group that operates Clinica Hope.

迪伦·科贝特 (Dylan Corbett) 说，如果不及时治疗，创伤可能会恶化到需要精神科护理而不是治疗和自助的程度。他是 Hope Border Institute 的主任，该机构经营 Clinica Hope。

Reports say there has been an increase in pregnant women and girls in the border area. Some are victims of attacks. Some are younger than 15.

报道说，边境地区的孕妇和女孩有所增加。有些人是袭击的受害者。有些人不到 15 岁。

Volunteers and activists have used limited legal, medical and other resources to help these victims. The situation has left hundreds of other victims of political violence and organized crime without help.

志愿者和活动家使用有限的法律、医疗和其他资源来帮助这些受害者。这种情况使数百名其他政治暴力和有组织犯罪的受害者得不到帮助。

In many cases, forensic tests at border medical centers that aim to record mental and physical abuse are very important to migrants' asylum cases. Byimana said often no other evidence is available for courts to make asylum decisions. Asylum is given to those who cannot return to their countries for fear of harm or violence. That can include violence against women.

在许多情况下，旨在记录精神和身体虐待的边境医疗中心的法医测试对于移民的庇护案件非常重要。Byimana 说，通常没有其他证据可供法院做出庇护决定。为因害怕受到伤害或暴力而无法返回本国的人提供庇护。这可能包括对妇女的暴力行为。

But it takes years for asylum cases to be decided in U.S. immigration court. Syracuse University's Transactional Records Access Clearinghouse, an information center, said more than 1.5 million people are waiting for their cases to be heard.

但庇护案件需要数年时间才能在美国移民法庭作出裁决。锡拉丘兹大学的信息中心交易记录访问信息交换所表示，超过 150 万人正在等待审理他们的案件。

Activists say a long wait for asylum and a long trip through many countries can worsen the trauma that migrants experience.

活动人士说，长时间等待庇护和穿越许多国家的长途旅行可能会加剧移民所遭受的创伤。

Sarah Howell treats migrants suffering from problems in Houston, Texas. She has been studying trauma and forced migration for 15 years. "There's a different tension and fear in faces than I've seen before," she said.

莎拉·豪厄尔 (Sarah Howell) 在得克萨斯州休斯敦治疗有问题的移民。她研究创伤和被迫迁移已有 15 年。“脸上的紧张和恐惧与我以前见过的不同，”她说。