

## A New Beginning after the Darkness?

This year had many bad and good outcomes starting with the pandemic that hit the whole world without warning. It's been a couple of hard days, months, and not at all what we expected when the year started. No jobs, quarantined for months, deaths, losing people we love and torn up families. When it comes to my experience I didn't lose anyone to this virus which it's something that I'm very grateful for. Many times I will say that it's such a bad thing that we had to be stuck at home, bored out of our minds, not able to leave the house and not able to go out with friends. However I haven't experienced the worst of the pandemic like other families have.

Remember when I mentioned families being torn apart, that's something that I see that is mentioned a lot but also so little is happening to solve that problem. I'm talking of the emotional repercussions of family separated and being put in detention centers. If anyone follows the news you can see how this was a major issue. Kids talking to reporters saying they want their parents back, to help them, they just want their mom and dad back. Now we are seeing families being reunited, crying and hugging their loved ones as there is no tomorrow. What changed from before and now is how the government is reacting to these changes. Based on the NBC News: How Biden administration will allow separated migrant families to reunite, it says " what we know is that 499 those are parents of children. 499 children have not even been reached by the lawyers who so far have taken the task of ratification. When we say reach that means they haven't been able to contact those parents to see if they have been reunified." Julia Ainsley is telling us that now that Biden is in office things are changing but slowly. More than 499 families were separated and just now they are all trying to reunite however this is just a slow process to start off. There are so many cases that it can be taken care of as soon as possible as expected. I imagine that more than 499 families will need some emotional support after they come together, they will be left with a difficult memory to hold on forever. The government seems to be just waking up right now and deciding to help the families it could have been because of the old president we had that decided to make a lot of changes in the world supposedly to "MAKE AMERICA GREAT AGAIN" like he said. There were many reasons that lead up to the problem we had of families being torn apart, taking from one another, put in the where they are placed and remaining months in such drastic and horrific situations.

Since the coronavirus started there had been many things that had greatly impacted the world. Based on the article "Impact of COVID-19 on the Immigration System" gives an update that "Migrants and those who serve the migrant community have been among the most impacted given the Executive Office for Immigration Review's (EOIR) failure to close all immigration courts, the conditions in immigration detention (which are not conducive to social distancing), and the government's recent actions to close the Southern border to asylum seekers and others. " The recent updates illustrate that the ones who are greatly impacted on this nation wide pandemic have been the migrants since their courts have fully shut down and no one can resolve their status issues . As well as the government closing the Southern border asylum, even though I completely agree the courts had to close, I still think there should have

been something the government should have done to resolve this issue instead of leaving them to suffer or die because that's how I see it up until now. The places the migrants are incarcerated don't even have the proper COVID-19 precautions in place leaving them to see who is the fittest to survive and after all this it will be a traumatic event for them. Who most likely had to see people die, getting sick and at the same time worry for their lives and children pleading for hope or any type of change at least to be released and be free instead of captivated as animals.

Furthermore, now that there is a vaccine and people are being released and families are getting reunited. In the article pandemic 'A living hell': Inside US prisons during the COVID-19 pandemic the author writes "CDCR Press Secretary Dana Simas wrote in an email statement to Al Jazeera, "noting that prisoners are provided with ongoing mental health assessments and the department is conducting crisis intervention to prevent suicides. An incarcerated person may request mental health services or they may be referred through institution staff. Mental health and operations leadership meet daily to ensure mental health referrals and requests for services from patients are quickly addressed." This is another article that illustrates that immigrants have to request for mental health service to overcome what they are experiencing. Many of them will rather die than spend another day where they were. Others just couldn't keep enduring what they are enduring everyday, the sadness, depression hitting them, worrying how their husband or kids are. They probably wonder if the last time they saw their loved ones was going to be the last time they will ever see them. Many of these people while in the detention center went crazy. I can't tell you how it felt because I wasn't there. I can only imagine the pain and despair they might have come upon. What I do know is that a person under stress, overwhelmed is capable of doing anything even if they went to the abyss of total sadness of not knowing when they will be released or waiting for death is what they saw as freedom.

Immigrants who are held under bad conditions don't necessarily get the help they deserve after what they've been through. They simply go home and get episodes or have to just deal with the situation that in the long run will affect them greatly mentally. As states in the article pandemic 'A living hell': Inside US prisons during the COVID-19 pandemic the author writes "While the pandemic will likely leave a lasting scar on those outside prison walls, experts worry the damage will be deeper on those inside them. Our mind tends to hold on to the trauma in a way that even when we're no longer in that setting of danger, our mind likes to sort of trick us into thinking we are. So even in safer settings, we still have those symptoms of PTSD and hypervigilance and being startled," explains Kirandeep Kaur, a psychiatrist who has been evaluating undocumented immigrants held in ICE detention. "Those don't go away unless there's some sort of professional help." The author illustrates the effects immigrants have after being released, some of them don't have the money to go and get professional help. So the majority are left with a trauma needed to face alone and with no guidance after they were the ones who did it to them in the first place. Many of these families will never be the same again. Some are happy to say at least they are still alive and still have another match to overcome but breathing and that is being with their loved ones once again. Others are left with scars with them and hope the government lends them a help and the next time try to set better precautions instead of leaving most of them to die.

In conclusion, there are emotional repercussions that took a hold on immigrants. The news show is videos of families being separated, detention centers and how they have immigrants there. The conditions they had to go through and it's understandable a pandemic was happening they couldn't just release these people. However I think the government could have done a better job instead of leaving them to have emotional, mentally and spiritual effects after months of help in captivity and seeing the people they are with die in front of them.