



ONLY + TOGETHER NASHVILLE

Welcome to the **Only Together Nashville** Newsletter - 3rd Edition

For People Who Serve Immigrants, Refugees, and Marginalized Communities

This is the 3rd edition of the Only Together Newsletter, dedicated to those who serve immigrants, refugees, and marginalized populations. In this edition, we cover the Only Together Conference news, mental health, knowing your rights to avoid expedited removal and deportation, refugee resettlement needs, and where to go for help.

We hope you will forward this newsletter to your contacts to spread the news.

Save the Date - Seventh Annual Only Together Conference

Mark your calendars for Thursday, Sept. 25th from 12:00-8:00 pm.

The agenda begins with three tracks:

- Basic training for people helping refugees
- Mental health
- Entrepreneurship and resource fair for refugees, immigrants and others

After breaking bread together, the evening session will feature a resource fair, including a focus on immigrant businesses.

We hope to reach a broader audience by changing the day to Thursday (from Saturdays in the past), including faith leaders, and adding early evening hours. Help us spread the word!

Stress, Isolation, Uncertainty

Individuals born outside the US borders play an essential role in shaping our cultural, economic, and social landscapes, and contribute to a rich mosaic of American life. However, mental health emerges as a critical yet often overlooked concern. Many immigrants experienced trauma prior to arriving and show signs of trauma and post-traumatic stress disorder (PTSD). Upon arrival, emotions range from hopeful ambitions to culture shock. Encountering discrimination, language barriers, and economic obstacles, immigrants face a stark reality that often contradicts their aspirations. These hardships are amplified by complex immigration policies that influence their access to vital services and acceptance within society. And that was before the new Administration's changes.

This is a reminder to all of us to be sensitive, recognize the signs of stress and the physical symptoms triggered by stress. This is a time to be generous of heart, to listen and offer help. Check out this USAHello webpage below, available in multiple languages, and share with others.

Come to the Only Together Conference to explore this often overlooked problem in depth.

USAHello Mental Health

Online Help for Refugees Learning About Living in the USA

Settle In is an online resource for refugees to learn about life in the U.S. It is a website, plus a Facebook page, and an app which has lessons and games to help the newly arrived learn important information about life here.

Check out their website below. Choose from 10 languages. Download the app by searching for **Settle In (U.S. Refugee Resettlement)**.

Settle In
Website

Know you Rights ... Knowledge is Power

Do you know immigrants who don't know if they are at risk of deportation? Don't know their status? Don't know they can seek legal advice about their risk and what they might do to avoid deportation? Do you know families who are worried about deportation but don't have an emergency plan?

Let's make sure our immigrant friends and family know their rights if ICE or police approach them at home, in their car, or in a public place. And know what NOT to do! The online resource links below are from reliable sources. Let's learn and share! It can make a huge difference and offers some peace of mind. The information is available in English, Spanish, and other languages.

Our Nashville community is blessed to have two vital organizations working diligently to get the message out about rights and what to do to be safe.

- TIRRC – Tennessee Immigrant and Refugee Rights Coalition: [TIRRC - Tennessee Immigrant & Refugee Rights Coalition](#). Works for justice and advocates for our diverse international people, and offers citizenship and ESL classes.
- TNJFON – Tennessee Justice for our Neighbors: [TNJFON](#). Legal assistance for legal status and documentation issues. Referrals to immigration lawyers.

Links:

[Know Your Rights – TIRRC - Tennessee Immigrant & Refugee Rights Coalition](#) (in 5 languages)

[Resources – TNJFON](#) (English/ Spanish)

[Step-by-Step Family Preparedness Plan | Immigrant Legal Resource Center | ILRC](#)(English/Spanish)

[Refugee and immigrant rights in the USA | USAHello](#) (22 languages)

static1.squarespace.com/static/65cc3576268ed05fd2021195/t/67a3d568cbd439654b6aaf58/1738790260217/FINAL+Spanish+TIRRC+KYR+Card.pdf TIRRC Red Card –

Know your rights. Spanish/English

Resources for Helping a Detainee

How to Check on Immigration Court

EOIR (immigration court) case status – look up by A number: [Automated Case Information](#).

EOIR Immigration Court List - Administrative Control: [Executive Office for Immigration Review | Immigration Court List - Administrative Control](#).

Resources to Help Detainee

My Community Member Was Arrested, What Do I Do Checklist?: [My Community Member Was Arrested by ICE - What Do I Do? | NIPNLG](#) (English and Spanish).

ICE Detainee Locator: locator.ice.gov.

ICE Detention Facility Information: [Detention Facilities | ICE](#).

Bond Information

There are two types of bond hearings:

- The Initial Bond Hearing occurs when the individual requests a bond hearing after being detained.
- A Bond Redetermination Hearing can be requested to challenge the amount if ICE has already set the bond and the individual believes it is too high or unjustified.

The request for a bond hearing can be made orally in court, in writing, and if by phone (if permitted by the judge). The request needs to include the detained individuals' full name, A-number, bond amount set by DHS, and location of the detention facility. The request can be made any time after an individual is in ICE custody. The judge will

consider whether the individual is a flight risk, danger to the US, eligible for immigration relief, etc.

CeBonds to Post a Bond: [Post a Bond | ICE](#). CeBONDS is only available for users within the United States. U.S. citizens, lawful permanent residents, law firms, and non-profit organizations can use CeBONDS to post a delivery bond, voluntary departure bond, or order of supervision bond. Aliens can also post a Voluntary Departure bond or Order of Supervision bond on their own behalf.

National Bail Fund Network Directory of Community Bail Funds: [National Bail Fund Network – Community Justice Exchange](#).

This network is made up of over ninety community bail and bond funds across the country. If the individual cannot pay the bond, one option is to request a reduction in the bond amount from ICE. Another option is to work with an immigration bond company to purchase an immigration surety bond. See this resource link.

Other Helpful Resources for Individual with Pending Application with USCIS:

- How to check case status on USCIS: [Case Status Online - Case Status Search](#).
- How to check average processing times on USCIS: [Processing Times](#).

NOTE: This newsletter contains information that does not constitute legal advice and is not a substitute for legal counsel from a lawyer.

Share your news and events!

Email OnlyTogetherMail@gmail.com.

Forward this email to others who share your heart for people of all nations who live among us. Let's stay connected. Only together can we make a difference.

Leslie West, MSW

Only+Together Planning Committee

Immigrant Advocate and Volunteer

Brentwood UMC Refugee and Migrant Committee

EMPOWER REFUGEES



WWW.ONLYTOGETHERNASHVILLE.COM

Woodmont Hills Church | 3710 Franklin Road | Nashville, TN 37204 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!