Minors on a Mission



Coping with the Daunting Task of Getting Yourself and Your Family to Safety

An exploration of the coping strategies of Syrian unaccompanied displaced minors and the available assistance thereof in the Netherlands

Unaccompanied Displaced Minors (UDMs):

- Are children under 18 who fled their country without a parent or legal guardian
- Are at risk of developing psychological disorders due to their exposure to hardship and of still being a child and having no family nearby

Germany

60%



Needs psychological assistance

10-20%



Receives appropriate psychological assistance

Methods



Literature review

Czechia

Austria



Interviews



Research questions Slovakia



Hungary What strategies do these Syrian UDMs

Ukraine



Moldova

To what extent does the Dutch care system provide in the needs of how UDMs are coping with their past experiences?



Preference of being self-reliant, only ask for help when absolutely necessary

use to cope with their experiences?



Acceptance and positivity



Culture explained their coping behavior



Distracting themselves by working on the future



Specialised care for UDM was very well received, but these professionals were not trained as psychologists



Psychologists were not used to the UDM group: language barrier, culture, complexity of trauma



Conclusions

It can take a long time before Syrian UDMs find peace, risk of resurfacing of emotions later on

Focussing on the future was found to be a new coping strategy

A positive and resilient group explained by cultural and religious factors

Greece

Specialized UDM help works well, problems arise with referral to psychological help



What are the experiences of Syrian **UDMs** in Syria during their journey from Syria to the Netherlands?



France

Background

Systematic review coping strategies into new model

Coping strategies of

similar research

population

No political freedom or freedom of religion



Violent protests, bombardments, kidnappings, beheadings IS

Children are sent first because

of family reunion policy



First stay in Netherlands perceived as more difficult than experiences in Syria and along the way

Tripoli