

COMMENTARY

Unsettled: Migrant Health in the U.S. (Podcast Series)

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The podcast "Unsettled: Migrant Health in the U.S.," hosted by Judith Flores, MD, FAAP, CHCQM, is a forum that explores the trials and triumphs of providing health care for the newest populations seeking asylum in the U.S.

Unsettled aims to build community, serve as an education tool and develop partnerships with individuals who are working on issues that impact the health and well-being of newly displaced persons in the U.S. Episodes address legal, housing and insurance challenges, as well as health care advocacy. They examine the key barriers for migrants—language, mental health and socioeconomic constraints, structural and policy hurdles, cultural misunderstandings, as well as funding issues.

Recent episodes include:

The Ministry of Accompaniment and Global Migration

In a discussion with Fr. Michael Gallagher, J.D., S.J., we explore the Jesuit mission of migrant accompaniment — what it means to walk with people on the move — and how this approach shapes both local support and global advocacy for refugees and displaced communities. We also examine how policies impacting the health of newly arrived individuals ultimately affect the well-being of entire communities.

Preguntas al Médico sobre el Sarampión y las Vacunas

En este episodio, respondemos a las preguntas y preocupaciones más frecuentes de nuestra comunidad sobre las vacunas. Durante la conversación, Jenny Palaguachi y Dr. Jose Cucalon Calderon desmentimos conceptos erróneos, aclaramos rumores y compartimos información veraz sobre la importancia y el impacto de la vacunación.

Resurgence of Measles: A Vaccination Discussion

In this episode, Dr. Jose Cucalon Calderon and Dr. Roberto "Bert" Johansson discuss the importance of vaccination, address common concerns and misconceptions about the measles vaccines, and emphasize the importance of cultural competency in order to provide effective health care.

Intersection of Social Work, Mental Health, and Migration in El Paso

In this episode, we examine the intersection of social work, mental health, and migration in U.S. health care. With Jovana Nieto, program manager for the Jesuit Refugee Service USA Migrant Accompaniment Network, and Alberto Sanchez, a mental health professional and addiction specialist, we highlight the key challenges migrants face, how they navigate these struggles, and dispel common misconceptions about mental health and undocumented individuals.

Immigration Tool Kit

A discussion with immigration lawyer and advocate Viviana Westbrook on the intersection of immigrant health care and legal advocacy, emphasizing the need for collaboration, professional support, and strategies to improve health outcomes for migrants in the U.S.

Leadership in Crisis: Dr. Eva Moya on Migrant Struggles and Solutions at the Border

Dr. Eva Moya, a respected academic and leader in El Paso, Texas, discusses a recent trip to the border and the lessons learned about the migrant experience in both El Paso and Ciudad Juarez. We reflect on the impact of her work, along with the efforts of other community advocates – such as Nathaly Rubio-Torio, LMSW, the CEO and Founder of Voces Latinas, a culturally responsive agency in Jackson Heights, N.Y., that serves more than 8,000 immigrants each year – and how these grassroots initiatives are making a tangible difference in the lives of migrants.

The Critical Role of Language Access in Health Care

This episode focuses on the heightened importance of language and cultural concordance with the large number of non-English speakers in the newly arrived populations. Dr. Pilar Ortega, Emergency Physician and ACGME Vice President of Diversity, and Dr. Geraldine Luna, Medical Director at the Chicago Department of Public Health, discuss the challenges and opportunities in integrating these skills into medical education, residency training, and career development.

“Unsettled” is available wherever you get your podcasts. Scan the code below to listen on Spotify:



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