

Authentically Involving Ukrainian Communities in Public Health Response Activities

We will get started in just a few moments

>> Agenda

- About NRC-RIM and community engagement for public health
- A national perspective on public health and Ukrainian new arrivals
- Capacity-building activities of Washington State
- Successes of community health board
- Q&A



»» About NRC-RIM

The National Resource Center for
Refugees, Immigrants and Migrants

>> History

- Funded by CDC, housed at University of Minnesota
- Established in Oct. 2020 as part of COVID-19 response
- Work with organizations serving RIM communities that are disproportionately impacted by health inequities



>> Goals

- **Strengthen partnerships** between health departments + communities
- **Support health departments + CBOs** that work with refugees, immigrants, + migrants
- **Reduce health disparities** + increase health equity

>> What We Do



Promising Practices
+ Toolkits



Health Education
+ Communications



Online Training



Technical Assistance



Pilot Projects



Dissemination

» Settle In

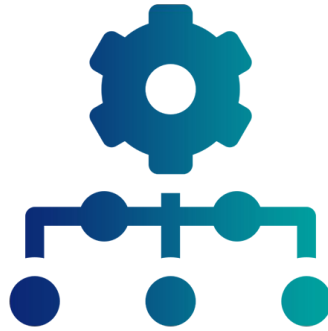
- Partnership with IRC + CORE
- Engages new arrivals in an interactive format
- Access information on: early resettlement services, employment, housing, education, healthcare, etc.
- NRC-RIM provides in-language health related content



>> Our Future



Moving beyond
COVID-19



Continuing core
project pillars



A focus on new
arrivals



»» Community Engagement

» Refugees, Immigrants and Migrants Lead Public Health Response Within Communities

- Addressing systemic inequities
- Creating culturally relevant messaging
- Ensuring language access
- Providing cultural connection
- Counseling around immigration concerns
- Organizing contact tracing



>> Community Engagement Toolkit

- Community Health Boards
- Community Fairs
- Vulnerable Populations Taskforce
- Youth Ambassadors
- Engaging Community Leaders
- Health Equity Zones
- Vaccine Ambassadors Program
- Community Mapping
- Community Liaisons
- Listening Sessions



»» Community Advisory Boards

Step by step guide for establishing a community advisory board, including:

- Recruitment
- Board expectations / ground rules
- Facilitation
- Logistics
- Sustainability



» Today's speakers



Vadim Gaynaliy

*Health Educator
WA DOH*



Vadim Kogan

*Immunization Health Educator,
WA DOH*



Jasmine Matheson

*Program Manager
WA DOH*



Olga Okhapkina

*Director
Nashi Immigrants Health Board*



»» About Ukrainian New Arrivals

Overview

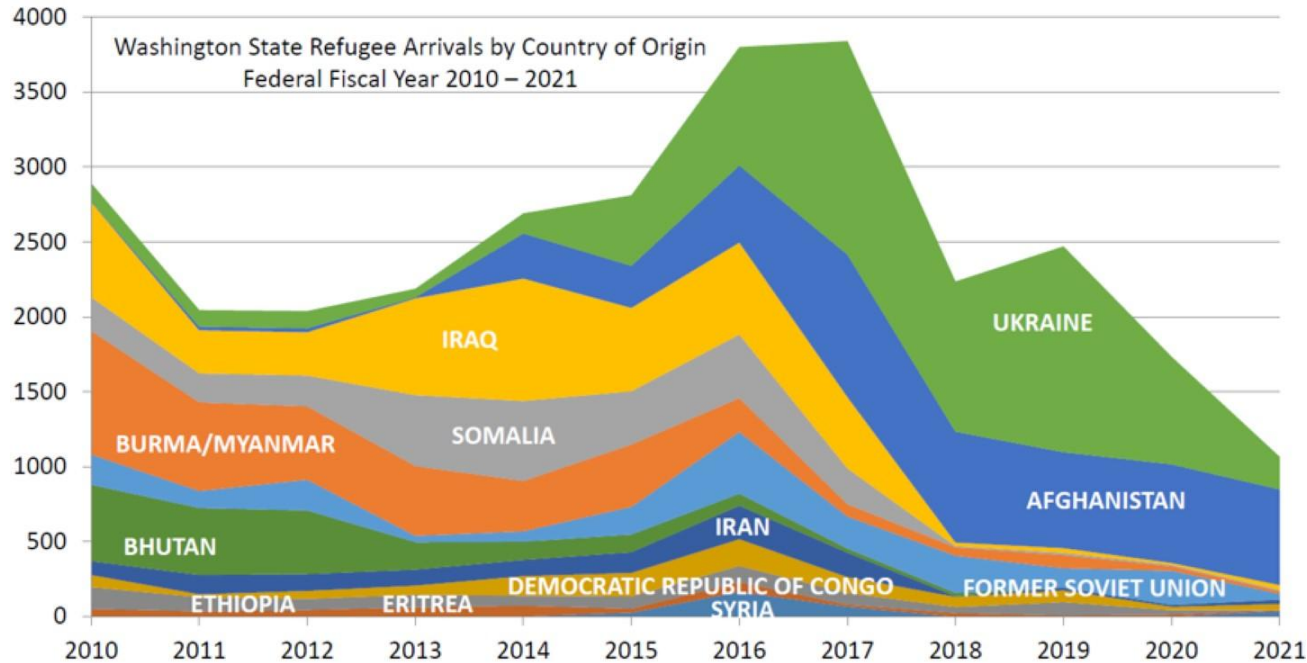
- Refugee resettlement in Washington State
- Uniting for Ukraine
- Immunizations and up-to-date for age status

Global Health is a Local Partnership



Refugee Arrivals to WA State, FFY 2010-2021

Washington welcomes more than 30 different nationalities annually.



Source: Data from the Department of State, Refugee Processing Center. www.wrapsnet.org

Uniting for Ukraine



Humanitarian Parole ([Uniting for Ukraine](#))



Supporter in
US files I-134
on behalf of
beneficiary



USCIS reviews:
• Background check
• Financial support



If I-134 approved,
beneficiary in Ukraine
completes attestation of:
• Family relationship
• Vaccine requirements

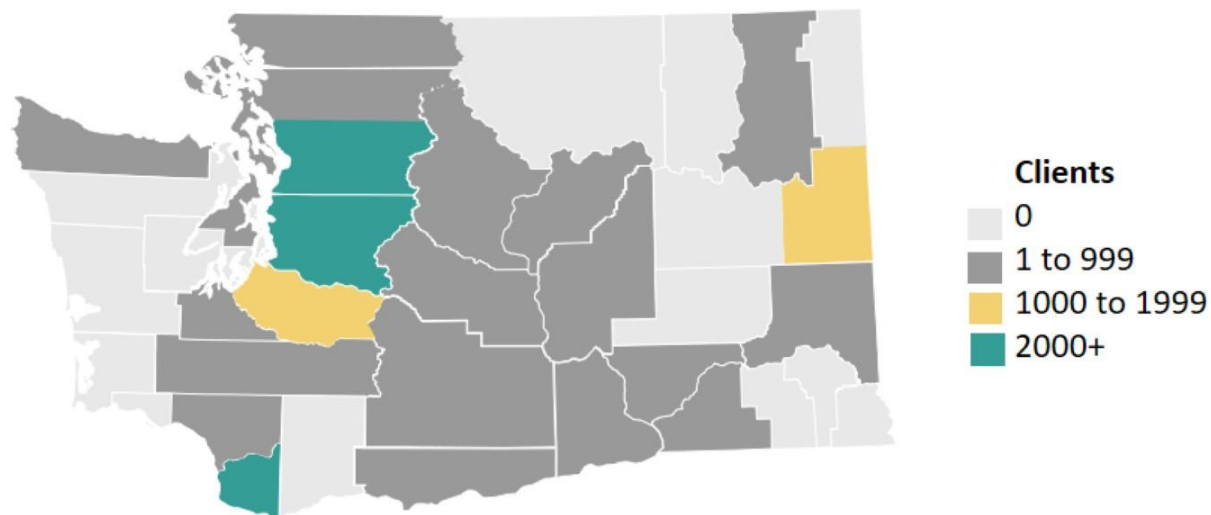


Travel to US
and enter via
humanitarian
parole



Complete
attestation of TB
screening within 90
days and vaccines,
if needed

Ukrainian Arrivals to Washington State in 2022



13,625 Ukrainians have arrived in Washington and received cash, food, and/or medical assistance from DSHS between Jan. – Nov. 2022.

Source: Department of Social and Health Services, ACES Data Warehouse as of November 2022. Provided by DSHS/ESA/OASE/E-MAPS Assignment #M5655 – November 2022

Health Milestones



**Health
Insurance**



**Refugee Health
Screening**



Primary Care

Ukrainian Health Profile and Screening Guidance

- Summary of health outcomes observed among refugees from Ukraine who resettled to Washington State from 10/1/15 to 9/30/21.
- Summarizes pediatric and adult health outcomes from the medical exam refugees receive within 30 to 90 days of arrival in the U.S.
- Intended to support clinicians caring for Ukrainian communities and to ensure that individuals receive appropriate screening and follow-up care.

Sources:

Pediatrics: <https://doh.wa.gov/sites/default/files/2022-07/420-424-UkrainianHealthProfileGuidance-Pediatrics.pdf?uid=63c574ea1f09d>

Adults: <https://doh.wa.gov/sites/default/files/2022-07/420-425-UkrainianHealthProfileGuidance-Adults.pdf?uid=63c574ea1ec6c>

Ukrainian Health Profile and Screening Guidance – Pediatric Immunizations at Arrival

| Vaccine | % up-to-date at arrival |
|-------------------------|-------------------------|
| Measles, Mumps, Rubella | 75% |
| Varicella | 56% |
| Poliovirus | 53% |
| Hepatitis B | 45% |
| DTaP/Tdap | 23% |
| Meningococcal (13-17y) | 0% |
| HPV (13-17y) | 0% |

Sources:

Pediatrics: <https://doh.wa.gov/sites/default/files/2022-07/420-424-UkrainianHealthProfileGuidance-Pediatrics.pdf?uid=63c574ea1f09d>



» Ukrainian Community Engagement at WA DOH



Why are vaccination rates significantly lower in these communities?

What DOH Learned from Focus Groups and Key Informants

- Dissatisfaction with health care providers due to language/cultural barriers
- Fear of vaccine-related adverse events (especially in children) and multiple vaccines given simultaneously
- Faith-based fears and objections related to vaccines
- Suspicion of corrupt medical and govt authorities
- Community leadership does not condone vaccines
- Lower adoption of COVID-19 prevention practices

Key Barriers to Vaccination

- **Care:** Lack of culturally and linguistically appropriate care from health providers.
- **Language:** Lack of translated or trusted public health materials.
- **Trust:** Lack of existing and continued relationships to public health and health care organizations, resulting in community members interpreting that public health decisions are being made without their input.

What We Now Know

- Barriers went beyond the scope of vaccinations or COVID-19 for this community
- Barriers were exacerbated by inadequate health outreach/education in the past, fueling mistrust
- By addressing these barriers, we built a close network of Ukrainian community leaders. We helped them build their outreach capacity and connected them to public service agencies.
- This connection became critical to addressing other major community concerns, especially after the start of the war in Ukraine and subsequent refugee crisis.

We Organized the Project Around Three Questions

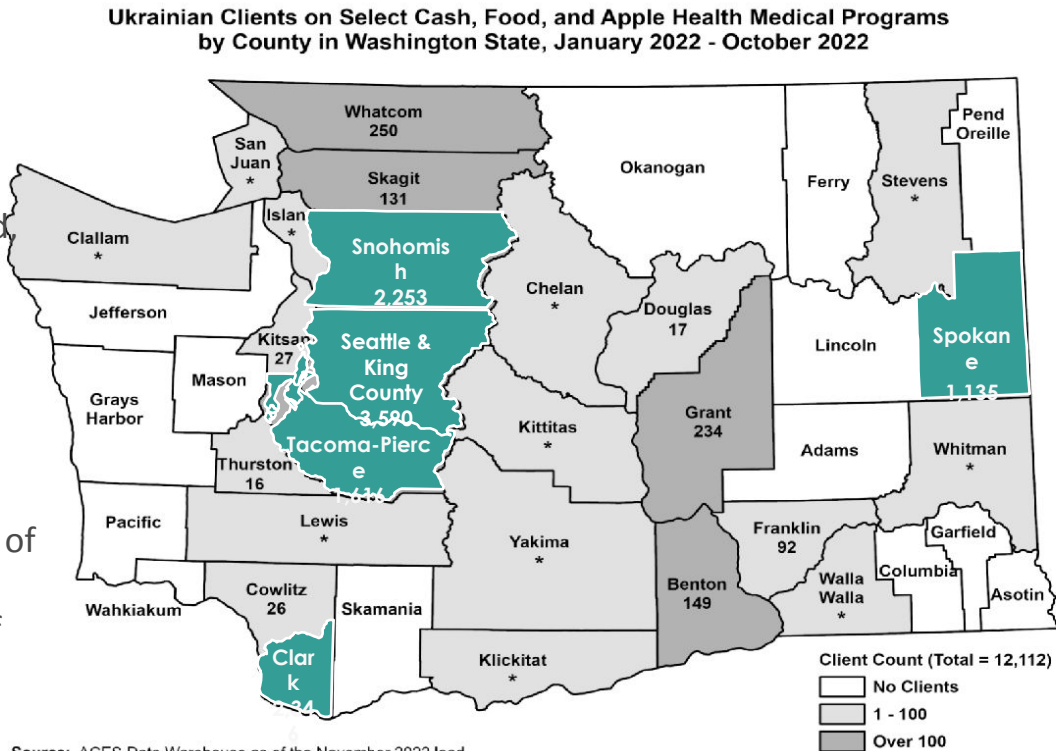
1. *How do we ensure Former Soviet Union (FSU) communities have access to accurate and unbiased health information?*
2. *How can we help ensure patient care and vaccinations are given in a culturally appropriate and patient-centered manner?*
3. *How will we build trust with the community and address the historic lack of “having a seat at the decision-making table”?*

Local Health Participants and Partner Organizations

- **12,112 Ukrainians** arrived in Washington between Jan-Oct 2022 and received cash, food, medical assistance

- Partnered with 5 Local Health Jurisdictions (LHJs)

- These 5 represent 91% of Washington's FSU community and 90% of Ukrainians in the state displaced by the war



Source: ACES Data Warehouse as of the November 2022 load
 Provided by DSHS/ESA/OAS/E-MAPS Assignment #M5655 - November 2022

* When necessary, values less than 10 (but greater than zero) are not displayed in order to help protect client confidentiality. These counties are denoted with an asterisk (*).

Partner Organizations

Afisha/Slavic Family Media

Perspectiva Magazine

Nashi Community Health Board

Radio Continent

S-Media PR (Radio)

Slavic Spokane

Ukrainian Association of Washington State

Ukrainian Community Center

DH

Immigrant & Refugee Community Organization (IRCO)

Lutheran Community Services Northwest

Refugee and Immigrant Services Northwest

WCAAP

WithinReach

World Relief (Spokane & Seattle)

University of Washington

How Will We Build Trust With the Community?

- Onboard a **Community Coordinator** in each partner LHJ
- Convene trusted community leaders and organizations for vaccine outreach and messaging in a **Former Soviet Union (FSU) Workgroup**
- Help community create a **Health Board** to improve capacity for health outreach



Community Coordinators: A Local Public Health Resource

- Community leaders hired full time at each LHJ to respond to health-related issues in their communities
- Initially focused on distributing COVID/vaccine information; later organized community events, health fairs, vaccine pop-up clinics, refugee support groups, radio programs, and drafted health guidance
- Provided guidance to orgs aiming to work with Ukrainian refugees
- Connected Ukrainian refugees to state/local organizations that provide health insurance, employment, food access, housing, childcare, and other resources

Community Coordinators: Key Recommendations

- Community coordinators should be from the community themselves
- Access to existing networks are crucial with insular communities (like the Ukrainian refugee community) that have historical trauma and mistrust of govt agencies
- Sites that hired coordinators from the community were able to:
 1. engage more effectively with community leadership
 2. hold more community events
 3. better use funding
- **Establish funding for full time staff at each local health jurisdiction, and strongly recommend that jurisdictions hire from the community of focus**



RESOURCE FAIR AND FOOD DISTRIBUTION EVENT

- Health and social services resources
- Food and Hygiene boxes
- Diapers for kids
- Immunization information and records translation

SATURDAY, OCTOBER 15TH

10 AM - 2 PM / FREE EVENT

Emergency Food Network
3318 92nd Street South, Lakewood, WA 98499

FOR MORE INFORMATION, CONTACT SVETLANA
SKONOTOPCHIK@TPCHD/ 253-999-0992



Субота, 5 листопада 2022
10:00 - 13:00

Eastside Family Support Center
3569 E. Roosevelt Ave
Tacoma, WA 98404

Знайти нових друзів
Ресурси для українців
Безкоштовні щеплення
Переклад довідок про щеплення
Безкоштовні дитячі книги
Предмети домашнього вжитку
Нові шкарпетки, нові рукавички для дітей
Шкільне приладдя

За додатковою інформацією звертайтеся
до Світлани Конотопчик
253-999-0992 or skonotopchik@tpchd.org

13
ГРУДНЯ,
17:30

Carco Theatre, 1717 Maple Valley Hwy, Renton, WA 98057
(206) 775-8600

AMERICANS WELCOME UKRAINIANS
SOCIAL EVENT

HOW TO BECOME A SPONSOR FOR UKRAINIAN REFUGEES

DECEMBER 10 • 5 PM

13456 SE 27TH PL, BELLEVUE, WA

- ✓ LEARN MORE ABOUT THE "UNITING FOR UKRAINE" PROGRAM
- ✓ LEARN ABOUT THE STATE AND FEDERAL SUPPORT FOR REFUGEES
- ✓ MEET THE UKRAINIAN COMMUNITY IN THE GREATER SEATTLE AREA

organized by

FSU Workgroup: Giving Community Leaders a Seat at the Decision-Making Table

- Workgroup convened the community coordinators and all funded partners
- Guided DOH in vaccine outreach and messaging to community
- Coordinators leveraged their networks to recruit interested community leaders into workgroup.
- By sharing vaccine/COVID data provided by DOH, coordinators cultivated new partnerships with:
 1. Shared interests and
 2. Complimentary resources
- Community leaders helped DOH understand community health needs and assisted in data collection (key informant interviews, surveys, etc.)

FSU Workgroup: Key Recommendations

- Further the impact of your public health efforts by building community capacity: **elevate community leaders into decision-making roles.**
- Intentionally build relationships with community members, **recognize that establishing trust takes time and is based on reciprocity.**
- Go beyond soliciting community input on activities: **Involve people in planning. Show that you've acted on their input.**
- **Leverage existing contacts to build new relationships.** A liaison is often a prerequisite to meeting new community leaders.
- **Do not dismiss community needs, even if your project has a specific focus.** You may be the only connection they have to an agency with resources.
- **Determine what the overall health needs in the community are.** Build trust by responding to community concerns directly or referring to the proper organization.

Что вы говорите людям, которые обеспокоены вакцинацией COVID-19?

Андрей Шуваркин: Беспокойство — это нормально, особенно по поводу нового лечения, разработанного в рекордно короткие сроки. У меня, как у ученого, тоже были опасения. Однако после исследования разработки и реальных результатов вакцины против COVID-19, одобренной в США, я уверен, что эти вакцины безопасны и эффективны для предотвращения заболеваний от COVID-19. Поэтому у меня нет никаких сомнений в вакцине, и я могу рекомендовать ее всем, кто имеет право и может ее получить.

Какие побочные эффекты следует ожидать от вакцин против COVID-19?

А.Ш.: После вакцинации от COVID-19 могут возникнуть такие побочные эффекты, как боль в руке, усталость и умеренная температура. Они являются просто признаком того, что ваша иммунная система работает и вырабатывает защиту от вируса. Обычно они проходят в течение нескольких дней. Стойкие или серьезные побочные эффекты от вакцин проявляются очень редко, но, если они все же возникают, обратитесь за помощью к врачу.



Вакцины от COVID-19: вопросы и ответы

Департамент здравоохранения штата Вашингтон задает несколько вопросов Андрею Шуваркину, кандидату наук (PhD candidate) по молекулярной и клеточной биологии Университета штата Вашингтон (UW).

Стоит заметить, что Андрей — наш соотечественник; кроме того, что занимается научной работой, он является пастором мультимедийного служения церкви «Истинные жизни» (Mukilteo).



November 5, 2021 ·

Но есть и хорошие **#ивановости**.

Pfizer Inc. заявила в пятницу, что ее экспериментальная противовирусная таблетка от COVID-19 снизила частоту госпитализаций и смертей почти на 90% среди взрослых с высоким риском.

В настоящее время для большинства методов лечения COVID-19 требуется внутривенное введение или инъекция. Таблетка конкурента Merck от COVID-19 уже находится на рассмотрении в Управлении по контролю за продуктами и лекарствами после того, как продемонстрировала серьез... [See more](#)

But there are also good **#ivanovosti**.

Pfizer Inc. said Friday that its experimental COVID-19 antiviral pill reduced hospitalizations and deaths by nearly 90 percent among high-risk adults.

Most treatments for COVID-19 currently require intravenous injection or injection. Competitor Merck's COVID-19 pill is already being reviewed by the FDA after showing significant initial results and the UK became the first country on November 4, 2021, who approved her [See more](#)

· Hide Translation · Rate this translation



Visit the COVID-19 Information Center for vaccine resources.
[Get Vaccine Info](#)

545

283 Comments 15 Shares

COVID-19 ВОПРОСЫ И ОТВЕТЫ С МИКРОБИОЛОГОМ

Коронавирус и дети



Afisha



АНЧА БАРАНОВА

Доктор биологических наук, профессор Университета Джорджа Мейсона (Вирджиния США).

Главный научный сотрудник Медико-Генетического Научного Центра РАН (Москва).

Научный директор биомедицинского холдинга «Атлас».

Ведущий спикер «РИА новости», «Lenta.ru», «Комсомольская правда»



ASK A DOCTOR

A COMMUNITY WEBINAR WITH AN OPPORTUNITY TO ASK CHILD HEALTH QUESTIONS AND HAVE A CANDID DISCUSSION

TOPICS INCLUDE CHILD PREVENTIVE HEALTH, TRAUMA, FEAR, ANXIETY & MORE

REGISTER

UKRAINIAN TRANSLATION: MAY 5, 6:00 - 7:30 PM

RUSSIAN TRANSLATION: MAY 19, 6:00 - 7:30 PM

FIRST 20 PARTICIPANTS TO REGISTER AND ATTEND A WEBINAR WILL RECEIVE A \$25 GIFT CARD!

[HTTPS://WCAAP.ORG/EVENTS/](https://wcaap.org/events/)



DR. TETIANA ODARICH

DR. ODARICH BEGAN HER MEDICAL EDUCATION AT NATIONAL MEDICAL UNIVERSITY IN KYIV, SHE MOVED TO TULSA IN 2001 AND RECEIVED HER MEDICAL LICENSE FROM OREGON HEALTH AND SCIENCE UNIVERSITY. DR. ODARICH PRACTICES AT SLIMBE FAMILY MEDICAL AND SHE IS FLUENT IN ENGLISH, RUSSIAN AND UKRAINIAN.



How Do We Ensure FSU Communities Have Access to Accurate and Unbiased Health Information?

- Translate vital COVID-19 information, refugee resource information
- FSU Outreach Toolkit: tailored vaccine/COVID materials for partners serving FSU community
- Serve as a resource to other orgs for input on translation quality/accuracy
- Community media outreach
 - Offered short term grants to local Slavic newspapers, magazines, and radio to co-create and share COVID-19 and vaccine guidance information
 - Community coordinators also shared content via social media, health events, and community groups.



В штате использовано более 4 МИЛЛИОНА доз вакцин

К 26 апреля в штате было введено более 4 189 884 доз вакцин — более 82 % от 5 094 380 доз, предоставленных нашим медицинским учреждениям и участникам программы длительного ухода. На данный момент в штате Вашингтон ежедневно вводятся в среднем 57 577 доз вакцин, и более 22 % жителей штата прошли полную вакцинацию от COVID-19. Эту информацию можно увидеть на информационном панно DOH (только на английском языке) на вкладке вакцин, которая обновляется три раза в неделю. Все жители штата 16 лет и старше имеют право на вакцинацию с 15 апреля.

С четверга все жители штата Вашингтон возрастом 16 лет и старше имеют право на вакцинацию от COVID-19. Предоставление права на вакцинацию людям поможет защитить население и замедлить распространение заболевания. В данный момент право на вакцинацию имеют 4-5 млн человек. С 15 апреля это право получат еще около 1,5 млн человек. После перехода на следующий этап займется на прием может быть сложнее. Мы призываем жителей проявить терпение. Помните, что если вы не захотите привиться сегодня, вы сможете сделать это в скором времени. В настоящее время Pfizer

BioNTech — единственная вакцина от COVID-19, разрешенная к применению для лиц возрастом от 16 лет. Мы планируем добавить тип вакцины на веб-страницу локатора вакцинации и в соответствующее мобильное приложение, чтобы упростить процесс.

Поскольку мы рекомендуем поставщикам четко указывать тип вакцины, предлагаемой пациентам.

Если тип вакцины не указан, рекомендуйте жителям обратиться к поставщику медицинских услуг.



Илья Бутенко

55 лет

Bothell

менеджер в компании Amazon

«Сделал прививку, потому что хочу, чтобы эпидемия быстрее закончилась. Я с нетерпением ждал, когда можно будет вакцинироваться. После прививки только к вечеру второго дня почувствовал себя нехорошо, но на следующее утро уже все прошло. Понимаете, я следил за коронавирусом с первых дней: читал новости, составлял графики, писал на Фейсбуке обзоры — примерно понимаю масштабы того ужаса, через который мы проходим. Я считаю, что эпидемия может закончиться только общими усилиями, и, как бы пафосно это не звучало, начинать надо с себя. Есть проблема, и нужно либо её решать, либо смириться с тем, что каждый день будут страдать, болеть и умирать люди, нигде нельзя будет нормально ездить, будут перебои с товарами и так далее. Понимаю, что, наверное, к таким ограничениям можно приспособиться, но я не хочу это делать. Я выбираю решать проблему, и часть этого решения — прививка.

Вакцина против COVID-19, важность та репродуктивная функция



Интернетом та у громадах поширюється невірна інформація про те, що вакцина проти COVID-19 можуть впливати на репродуктивну функцію і вагітність, через що люди відмовляються від вакцинації. Багато вагітних жінок та осіб, що мають бажання зачаткувати дитину, чули про те, що одним із побічних ефектів вакцин проти COVID-19 є негативний вплив на відповідні функції організму людини. Це не правда.



За цим міфом вакцина може атакувати білок плацентарного елемента генетичного коду, ідентичний коду шпигувального білка коронавірусу. Спеціаліст в області репродуктивної функції з Університету Міссурі дав на це таку відповідь: «Атака імунною системою плацентарного білка нагадуватиме ситуацію,

у якій слона сплутано з бродячим котом тому, що вони обидва сірого кольору». А ще один маленький біб, а все інше є абсолютним німфом. Ваша імунна система є достатньо розумною, і так легко не дезорієнтувати».

Це твердження було спростоване ще й жінками, які брали участь у випробуваннях вакцин проти COVID-19 та успішно завагітніли впродовж випробувань. Також останні спостереження за недавно вакцинованими особами не виявили підвищених ризиків або негативного впливу на протікання вагітності після щеплення вакцинами проти COVID-19 від Moderna та Pfizer.

Отже, немає жодних наукових підтверджень того, що вакцина проти COVID-19 може викликати безпліддя. Проте, негативні ефекти COVID-19 на протікання вагітності є очевидними та серйозними. Цілий мільйон людей вмирає щороку, загине

Від редактора: Ділячись цією інформацією, ми маємо на увазі розповсюдження останньої наукової інформації у зрозумілому вигляді та боротьбу з невірною інформацією про вакцину, яку могли сприяти окремі учасники громади FSU. Не заохочуємо на те, що ми не є медичними спеціалістами і не можемо проводити альтернативні медичні індивідуальні бесіди з медичними медичними послугами, ми хочемо, аби читачі мали надійну та точну додаткову інформацію про вакцину, яку вони зможуть використати, прийнявши рішення.

Дослідження також виявили можливість передачі вірусу COVID-19 від матері до новонародженої дитини.

Закорювання на COVID-19 також створює небезпеку для репродуктивної функції людини. Одним з можливих ефектів COVID-19 є пошкодження кров'яних судин. Через це COVID-19 може бути причиною еректильної дисфункції, що протікає місяцями після заворування. Дослідження також виявили, що інфекція гормони, які необхідні для виробництва якісної сперми.

Тож, усім, хто бажає створити родину, негативні наслідки захворювання COVID-19 є реальністю, а міфи про вакцину — ні. Щоб зрозуміти, яка інформація є такою, що заслуговує на увагу, проконсультуйтеся з лікарем. Ваш лікар не може змусити вас вакцинуватися, утім він допоможе вам віділати правдиву інформацію від вигадок під час прийняття рішення.

Информация о вакцинах от COVID-19

Как работают вакцины от COVID-19?

- «Учат» клетки распознавать COVID-19 и бороться с заболеванием
- Укрепляют иммунную систему и формируют антитела
- Защищают от тяжелого течения заболевания COVID-19

Вакцины Pfizer и Moderna

Обе вакцины Pfizer и Moderna используют информационную РНК (иРНК), которая помогает организму распознавать уникальный для COVID-19 шиповидный белок. Полная защита обеспечивается двумя дозами этих вакцин.

Vaccinate WA
COVID19vaccines.org

WASH STATE DEPT OF HEALTH

arco

Washington Department of Health



ВАКЦИНАЦИЯ ОТ COVID-19 БЕСПЛАТНА

Федеральное правительство покрывает стоимость вакцинации.

Вам не нужно платить за вакцинацию. Кроме того, с вас не должны взимать плату за посещение клиники, если вы пришли только для вакцинации.

How Can We Help Ensure Patient Care is Given in a Culturally Appropriate and Patient-Centered Manner?

- FSU Cultural Competency training for providers serving the FSU community:
 - Fostering COVID-19 Vaccine Confidence in Russian- and Ukrainian-Speaking Communities
- Russian-speaking provider Q&A Videos
- COVID-19 Vaccine Q&A sessions/webinars
- Providing health information and vaccines in community-centered spaces
- Compiling a Russian/Ukrainian language provider list for new refugees



Select each case to learn how to make a vaccine recommendation tailored to each person.



Case 1



Case 2



Case 3



Case 4



Case 5



Step 1: Lead with Listening



Step 2: Be Empathetic



Step 3: Tailor Responses to Patients' Concerns



Step 4: Acknowledge Uncertainty



Step 5: Share Your Experience



Step 6: Make a Recommendation



Step 7: Speak to What Motivates the Patient

Step 8: Be Prepared for Several Conversations



Image source: <https://www.flickr.com/photos/miksystem/18502514153/in/album-72157639913732455/>

Case Study 5: Elena

Elena is a 33-year-old mother of four who recently moved to Washington State from Ukraine with her family as a refugee. She speaks Russian and German and is working on learning English, however, she does not feel comfortable with medical terms yet. Her grandmother got COVID-19 and was hospitalized, but is now recovering.

She is very conscious of health and nutrition for her family and prefers to use natural remedies whenever possible. She has read online that there may be natural ways to prevent and treat COVID-19. She wonders if going this route might be a safer than getting vaccinated. Especially because she's heard from friends back home about people getting very sick after receiving vaccines. Even if she wanted the COVID-19 vaccine, she's not sure she would qualify to get it. "I think it's only available for U.S. citizens, not refugees," she says when asked.

Community Health Boards

- Led by community members who are health professionals, health boards provide their communities with a trusted resource for health information and guidance.
- Independent of government agencies and can fully grasp the cultural and health backgrounds of the issues affecting their communities.
- 15 community health boards serving most major immigrant populations of Washington State. (The Somali Health Board was the first)
- Priority: educating the community, especially when health guidance and resources are not readily accessible.
- Provide a forum for their communities to advocate collectively for their health needs.

Why Did the FSU Community Need a Health Board?

- DOH wanted to contract with a Slavic organization to create COVID-19 information and share with FSU community.
 - No such org working in Washington state
 - Community is the third largest WA immigrant population and the largest without a health board-type organization
- Community felt unsafe/uncomfortable with govt agencies, leading to:
 - Low engagement with govt sources of COVID-19 information
 - Widespread COVID-19 misinformation and vaccine hesitancy
- Needed an independent org to provide trusted health information and respond to health concerns
- With DOH support, members of the FSU Workgroup founded the Nashi Immigrants Health Board in summer 2022.

War in Ukraine and Effect on Community

- Large influx of refugees strained refugee resettlement orgs and increased demand for:
 - Health providers speaking Ukrainian and/or Russian, especially mental health
 - Affordable/subsidized housing, food, work authorization, etc.
 - Translated guidance on refugee resettlement resources
- Refugees had difficulties finding organizations with proper resources assist them
- Few community-representative groups that people can turn to for guidance and that can advise state refugee agencies

Leveraging the FSU Network: Community Coordinators

- All community coordinators were Ukrainian and affected by the war directly.
- Several served as sponsors for Ukrainian refugees fleeing the war
- Meetings with coordinators centered on the humanitarian response to the war. What can our workgroup and network do for refugees?
- Coordinators partnered with DOH and DSHS to plan large refugee resource events for recently arrived Ukrainians
- Organized dozens of refugee-facing events since February across 5 counties serving thousands of refugees.

Leveraging the FSU Vaccine Outreach Network: Workgroup

- FSU Workgroup was the only Slavic workgroup in the state.
- Workgroup's Slavic media leaders created a Ukrainian refugee resources guide, published on all major Slavic media outlets
- Workgroup members created a Ukrainian vaccine record translation guide for school nurses/providers
- DOH partnered with WA Refugee Coordinator to invite workgroup members to the state's new WA Ukrainian Welcoming Taskforce
 - Identified critical refugee needs and helped guide refugee resources.

Leveraging the FSU Vaccine Outreach Network: Health Board

- Nashi Immigrants Health Board was established in summer 2022.
- In addition to vaccine events, Nashi sponsored large refugee events, legal clinics, support groups, and sponsor Q&A sessions
- Created:
 - New Ukrainian arrivals resource website
 - Vaccine record translation website
 - List of Russian/Ukrainian-speaking providers by county in WA State
- Served to connect refugees and their needs to WA DOH and DSHS

Key Takeaways

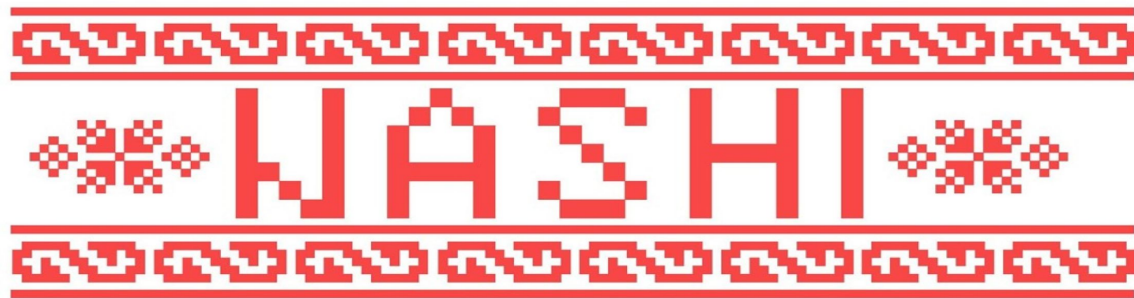
- **Community members can help you develop a better public health program and create and share better health education materials.**
- **Find and support organizations already serving the community.**
 - Build capacity: Help communities start new organizations if they do not exist
- **Provide data** to justify why you are looking to partner with communities.
- **Trust and respect others' perspectives, experiences, and beliefs.**
- **Partnerships take time.** Several of these partnerships took years to establish.

Key Takeaways

- **Be intentional about establishing authentic, reciprocal relationships with community members.**
 - Go beyond soliciting community input on activities: Involve people in planning. Show that you've acted on their recommendations, even if it is beyond the scope of your project. This builds trust.
- **Hire community members to serve as local coordinators.**
- **Give partners the tools they need to carry out the work.**
- **Recognize mistrust is a significant barrier your community outreach.** Account for this in your work.



»» Nashi Immigrants Health Board



immigrants health board

Co-founded by Olga Okhapkina and Tamara Cyhan
Cunitz



Nashi Immigrants Health Board is a registered non-profit organization founded by people in the community in partnership with WA DOH

Mission: We partner with Ukrainian and Russian speaking communities in WA state to meet the broad range of health and social needs of our people and advocate through community engagement, empowerment and connection to resources.

Vision: We seek to understand, support and empower our community and provide for a healthy future for “Nashi” (our community) through a lens of health equity and social justice.

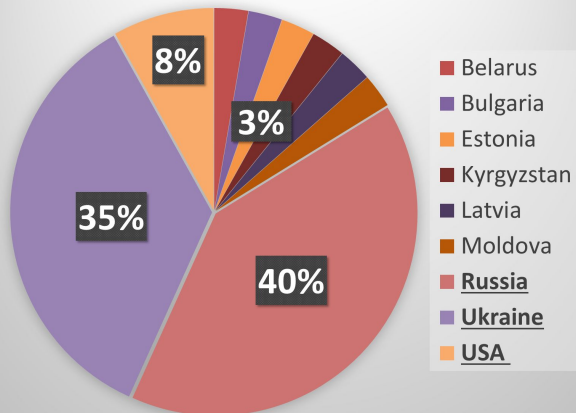


Community Needs Assessment Update

In collaboration with Ekaterina Teterina, MPH Candidate



Country of Birth.



A Needs Assessment
was created and translated
into both Ukrainian and Russian,
Distributed both virtually and paper
form throughout our communities

Initial Responses = 37 + 13 = 50

16 English

14 Russian

7 Ukrainian

*16 additional surveys were collected at our last
Health Event and awaiting analysis



RUSSIAN AND UKRAINIAN COMMUNITY NEEDS ASSESSMENT SURVEY (WA STATE)

Factsheet

This report was created for dissemination to community
and stakeholders and we are continuing to collect data

Key preliminary information gathered from our community

Top Health Challenge:

Mental Health Issues



Top Gap in Care:

Mental Health Challenges
(i.e.- depression/self-care)



Building bridges for community to access resources:

MITUT.INFO

WEB resource is a tool to provide necessary information for new comers to Washington state



Benefits



Housing



Support



Health



ESL courses



MITUT HELPS

MITUT.INFO is an open source of information that volunteers gather from different official authorities and non-profit organizations. Visit the site and get the data you need!

CONTACT

<https://www.mitut.info/>



SCAN ME

VAX4SCHOOL

<https://vax4school.org/>



The website contains information related to immunization and the process how to update vaccine records for USA rules

<https://www.vax4school.org/> assists with the translation of foreign immunization records to English. The website explains the main principals to provide medical documents while enrolling in school or childcare.

CONTACT

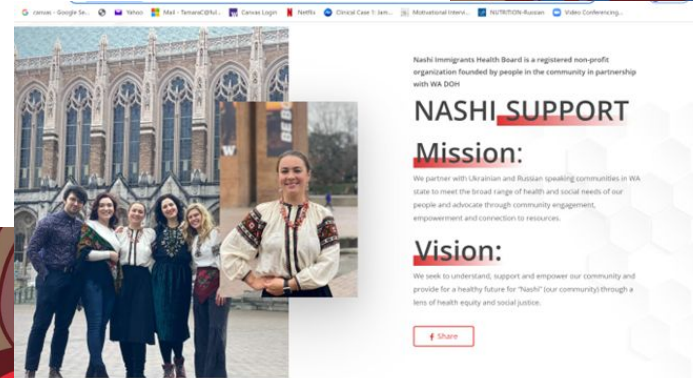
<https://www.vax4school.org/>



SCAN ME

NASHI Communication: How do we share Information?

1. Our Website: Nashi: <https://nashisupport.com/>
2. Social Media: https: FB, Instagram, LinkedIn
3. Via email to community partners
4. Posting information onto social media sites serving our community and new refugees- and linking them to Nashi sites
5. Volunteer ListServ
6. Perspectiva: Slavic Community Journal; Radio: Continent
7. Attending community events
8. Currently developing our first newsletter



NASHI opportunities for Health Science Student Collaborations

1. UW MPH Practicum Scholar: Ekaterina Teterina
2. UW MPH Practicum Scholar: Ajla Pleho
3. UW MPH Practicum Scholar: Olga Vitruk
4. UW Fulbright Scholar MPH Independent Study: Olena Bidovanets
5. Community Health Practicum: Vadim Gaynaliy
6. BSN Honors Nursing Scholar: Dami Song
7. Volunteers from local health clinics and organizations



Outreach to Snohomish and Pierce Counties

Snohomish- Snohomish Health District

Volunteers of America (Everette)

*partnering for health events and Ukrainian refugee program:
connecting clothing/book/toy donations to center and
proposed vaccination event (awaiting word)

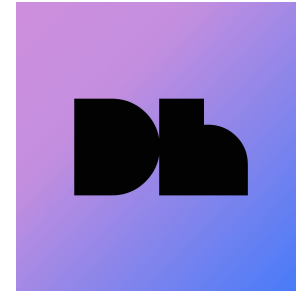
Tacoma/Pierce- Tacoma-Pierce Health Department

*partnering to support refugee food, health education and
vaccination program with support for translation of vaccination
records for Ukrainian refugees for WA state records. Nashi
partnered on 3 events with service to @1000 new arrivals

DH Grant

Grant Goal: To develop and implement a healthcare informational resources for Ukrainian and Russian speaking population in WA state such as:

- Engaging a professional translator from the community
- Producing and distributing informational resources
- Producing and distributing a newsletter to your network of partners



Welcome US Grant

1. Welcome US seeks to enhance the capacity to support sponsors in their efforts to welcome and stabilize newcomers arriving under Uniting for Ukraine
2. Grant Goal: To develop and implement a Ukrainian Sponsor Hub in the Seattle area that builds support structures for sponsors
3. Agreement of consortium of organizations to:
 - Recruit and assist potential sponsors for U4U in partnership with WelcomeUS
 - Serve as a central resource hub for sponsors of Ukrainian newcomers
 - Build a community of support for sponsors
4. Consortium of organizations includes:



Ukrainian
Community Center
of Washington



Social and Cultural Gatherings to provide opportunities for connection and emotional support



<https://nashisupport.com/>











Partnering to increase our reach and capabilities

Public Health
Seattle & King County



ReWA



LUTHERAN
Community
Services
NORTHWEST



W
UNIVERSITY of
WASHINGTON

Washington State Department of
Health



VOLIA FUND



immigrants health board



Ukrainian
Community Center
of Washington

JFS
JEWISH FAMILY SERVICE



Seattle Public
Schools



The Lucky Pen



EthnoMed



Neighborhood
House



UKRAINIAN ASSOCIATION
OF WASHINGTON STATE

Welcome.US



HealthPoint



Discussion

Questions?

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Immunization Health Educator

Executive Office of Public Affairs & Equity

Washington State Department of Health

>> How to Reach Us



@nrc_rim



@nrcrim



@nrcrim



nrcrim@umn.edu



www.nrcrim.org