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
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
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.

Washington State Refugee Arrivals by Country of Origin
Federal Fiscal Year 2010 – 2021

Source: Data from the Department of State, Refugee Processing Center. www.wrapsnet.org
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
13,625 Ukrainians have arrived in Washington and received cash, food, and/or medical assistance from DSHS between Jan. – Nov. 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:
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

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>% up-to-date at arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles, Mumps, Rubella</td>
<td>75%</td>
</tr>
<tr>
<td>Varicella</td>
<td>56%</td>
</tr>
<tr>
<td>Poliovirus</td>
<td>53%</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>45%</td>
</tr>
<tr>
<td>DTaP/Tdap</td>
<td>23%</td>
</tr>
<tr>
<td>Meningococcal (13-17y)</td>
<td>0%</td>
</tr>
<tr>
<td>HPV (13-17y)</td>
<td>0%</td>
</tr>
</tbody>
</table>

Sources:
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, and 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.
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

Ukraine

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

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
Ukrainian Association of Washington State
Ukrainian Community Center of Washington
NASHI
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.
Но есть и хорошее #ивановости.

Pfizer Inc. заявила в пятницу, что ее экспериментальная противовирусная таблетка от COVID-19 снижает 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 инъекции. 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 #ивановости.

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

Visit the COVID-19 Information Center for vaccine resources.
Get Vaccine Info

COVID-19 вопросы и ответы с микробиологом

Коронавирус и дети

Afisha

Анна Баранова

Доктор биологических наук, профессор университета Днепрского медицинского университета.

Главный научный сотрудник Медико-биологического исследовательского Центра РАМН (Москва).

Научный руководитель Международного конфликта «Коронавирус».

Ведущий эксперт по COVID-19 в СЭС, редактор журнала «Информационные ресурсы», «Консультирование по COVID-19».
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
  o Offered short term grants to local Slavic newspapers, magazines, and radio to co-create and share COVID-19 and vaccine guidance information
  o Community coordinators also shared content via social media, health events, and community groups.
Илья Бутенко
55 лет
менеджер в компании Amazon

Сделал прививку, потому что хочу, чтобы эпидемия быстрее закончилась. И с патентным залогом, когда можно будет выкачиваться.

После прививки только к вечеру второго дня почувствовал себя нормально, но на следующие утро уже все хорошо. Помимо того, я смотрю на продолжительность вакцины, состояние графика, идут ли большие объемы — примерно на 60-70%.

Вакцинация от COVID-19 проведена успешно, мы видим, что многие люди имеют достаточное количество антител, что позволяет им не заражаться. Вакцинация является безопасной и эффективной.

Дополнительная вакцинация может обеспечить большую защиту от COVID-19, особенно для людей с определенным состоянием здоровья. Вакцинация является безопасной и эффективной.

Важно также отметить, что вакцинация от COVID-19 продолжается и будет проводиться в течение года. Ваша вакцинация обеспечит большую защиту, и мы должны продолжать уважать пандемию и все, что связано с ней. Ваша вакцинация обеспечит большую защиту, и мы должны продолжать уважать пандемию и все, что связано с ней.
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

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:
  o Health providers speaking Ukrainian and/or Russian, especially mental health
  o Affordable/subsidized housing, food, work authorization, etc.
  o 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
  o 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
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
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
- Health
- ESL sources

**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/

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**VAX4SCHOOL**

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/
NASHI Communication: How do we share Information?

1. Our Website: Nashi:  [https://nashisupport.com/](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:

   [Logos of involved organizations]
Social and Cultural Gatherings to provide opportunities for connection and emotional support

https://nashisupport.com/
Partnering to increase our reach and capabilities
Discussion
Questions?

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