



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# **Rising Practice & Policies in our Workforce Spring & Summer Learning Series**

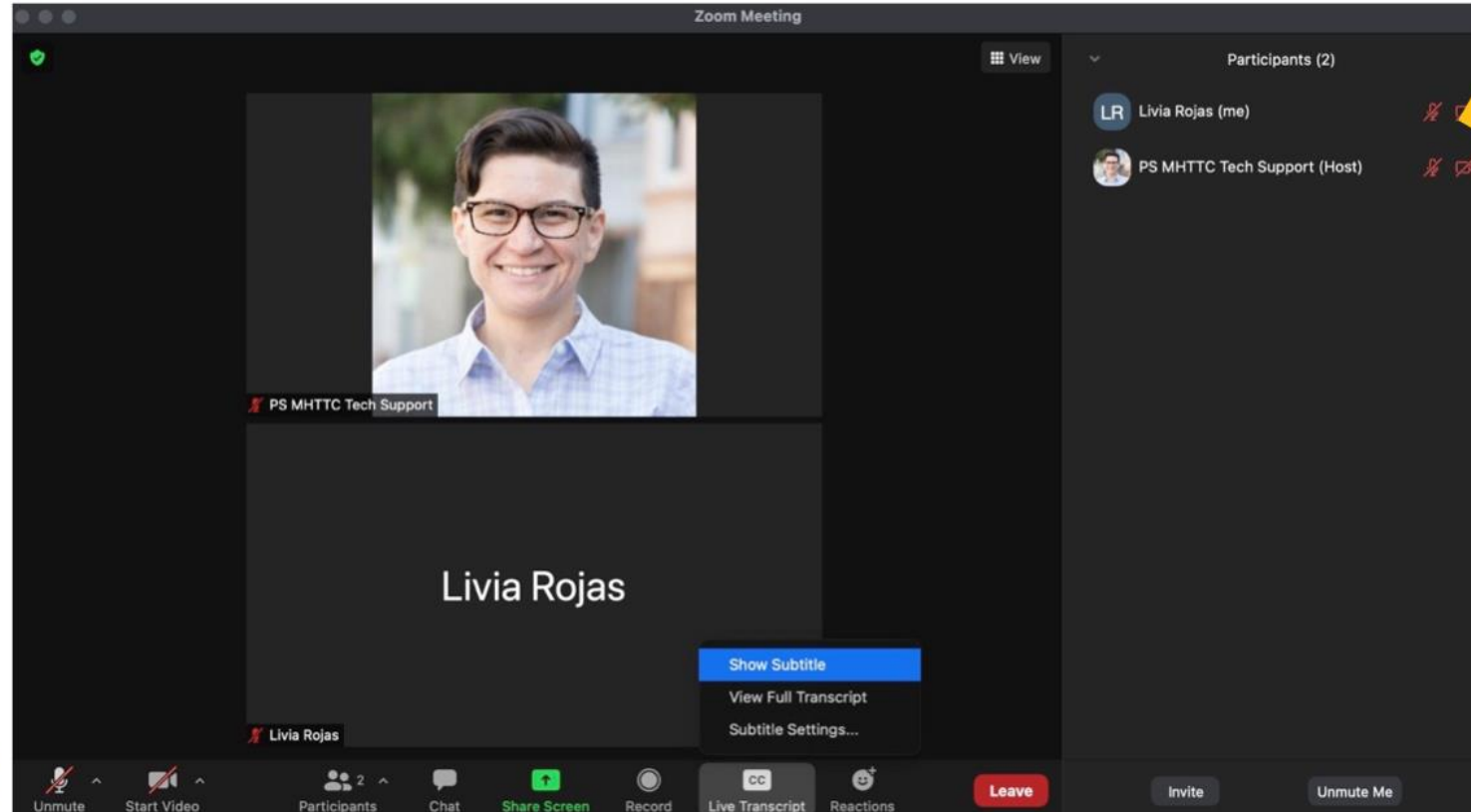
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## **Mitigating Distress and Maximizing Supports for Refugees from War**

*Session 2 | June 13, 2022*

# Zoom Orientation

Enable audio for speaker and mic. If calling in, dial the number provided in registration confirmation



Rename yourself, add pronouns or breakout room selection by hovering your name and selecting “more” on the participant list

Start video if you have a web cam. This is helpful for us to get to know each other but not required

Auto Captions are available if you would like to follow along with a live transcript

Reactions signal to facilitators to slow down, pause, etc.

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This project has a timeline running from 2019-2023 and is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS) as part of financial assistance award SU-17-002. At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

# SESSION SECURITY

In the case of any security issues that may occur, this session will immediately end and will not resume using the same join link. A separate email will be sent to all participants with further instructions.

Thank you.

# **Welcome & Opening**



# What might today feel like?

- 1) **Welcome**, an introduction to the Pacific Southwest MHTTC and to the Rising Practices & Policies Series
- 2) **An overview of what brings us in conversation:** Mitigating Distress and Maximizing Supports for Refugees from War
- 3) **Panel presentation:**
  - What might be fundamental elements of providing care and services to those who are war impacted?
  - What might be ways that experiencing secondary or vicarious war impacts survivors' recovery (e.g., how might seeing the war in Ukraine impact the mental health of Afghani refugees in California, Ecuadorian asylees in Arizona, or native Pacific Islanders in Guam?)
  - How might therapists, peer specialists, social workers, and other providers adapt services to ensure cultural humility and responsiveness?
  - What are the rising practices and policies emerging to help us help?
- 4) **Questions and answers with and from our speakers**
- 5) **Closing and next steps**
- 6) **Optional extension:** Stay for a debrief and peer discussion facilitated by our staff

# **Your feedback is needed!**

**We need to hear from you to keep bringing you these FREE resources!**

Before logging off today's webinar, please take a few minutes to fill out our brief survey.

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Please note the survey link shared now in the chat box. It will also appear on your screen when the webinar ends, and will be included in the follow-up email sent immediately following the webinar.

Your completion of the survey is very important part of our quality control and to our future funding for this project as it allows us to continue to provide you with resources and training, such as this webinar, at no-cost.

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## **Survey Gift Card Raffle**

As a token of appreciation for everyone's time in sharing their feedback, we are offering a \$50 VISA gift card, which will be selected at random, and emailed to the lucky participant.

# Mental Health Technology Transfer Center

*Funded by SAMHSA*

**Pacific Southwest  
Mental Health Technology  
Transfer Center (PS MHTTC)  
Region 9**

**General Mental  
Health Workforce**

*In partnership with Change  
Matrix*

**Provider  
Wellness**

**Youth & Young  
Adult Services  
and Supports**

*In partnership with  
Youth MOVE National*

**School Mental  
Health Workforce**



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

La Red de los Centros de  
Transferencia de Tecnología sobre  
Salud Mental (MHTTC, por sus  
siglas en inglés) utiliza un lenguaje  
afirmativo, respetuoso y orientado  
a la recuperación de las personas,  
en todas sus actividades.  
Este lenguaje es:

BASADO EN LAS  
FORTALEZAS Y EN LA  
ESPERANZA

INCLUSIVO Y DE  
ACEPTACIÓN A  
DIVERSAS CULTURAS,  
GÉNEROS,  
PERSPECTIVAS Y  
EXPERIENCIAS

CENTRADO EN LA  
SANACIÓN Y SENSIBLE  
AL TRAUMA

MOTIVA A QUE LAS  
PERSONAS DECIDAN  
SU CAMINO

CENTRADO EN LA  
PERSONA Y LIBRE DE  
ETIQUETAS

LIBRE DE  
SUPOSICIONES Y  
JUICIOS

RESPECTUOSO, CLARO  
Y COMPRENSIBLE

CONSISTENTE CON  
NUESTRAS ACCIONES,  
POLÍTICAS Y  
PRODUCTOS

# Here We Are!

## Session 2 of “Rising Practices & Policies in our Workforce: Region 9 Pacific Southwest MHTTC’s Spring & Summer Learning Series 2022”

How might we—as the mental health and school mental health workforce—evolve our own practices and policies to meet the evolving needs of the people and systems we serve?

### SESSION 1:

*Launching 988: What Do We Need to Know  
& How Might it Go?*

MONDAY, MAY 9, 2022

### SESSION 2:

*Mitigating Distress & Maximizing Supports  
for Refugees from War*

MONDAY, JUNE 13, 2022

### SESSION 3:

*Working with Youth & Families Experiencing  
Homelessness & Home Insecurity*

MONDAY, JULY 11, 2022

### SESSION 4:

*Mental Health & Student Mental Health Workforce:  
The Woes & Wonders of Recruitment & Retention*

MONDAY, AUGUST 8, 2022

*All Session Times are: 3:00 - 4:15 p.m. PT • Optional Discussion: 4:15 - 4:45 p.m. PT*

# Why are we here today?

**We come together today to listen to regional leaders who share strategies for working with individuals who have survived / are surviving wars.**

**We gather to glean ways in which we can navigate the potential primary, secondary, and vicarious traumas that war can activate the people we serve in the systems or services we lead.**

SAMHSA's 4 Rs of trauma-informed care include:

- **R** **Realization about trauma and how it can affect people and groups,**
- **R** **ecognizing the signs of trauma,**
- **H** **aving a system which can**  
**R** **espond to trauma, and**
- **R** **esisting re-traumatization.**

# Meet Today's Panelists



**Natalya (Natasha)  
Bogolpolskaya,  
Psy.D., NCSP**



**Stephanie Noriega,  
LCSW**



**José Patiño, MEd**



**Sharon Hoover, PhD**





**Natalya  
(Natasha)  
Bogopolskaya  
Psy.D., NCSP**



**Yalta, Ukraine (USSR)  
Summer 1988**



**Yalta, Ukraine  
Winter 1992**



**San Francisco, California  
Summer 1993**

**What might be fundamental elements  
of providing care and services to  
those who are war impacted?**

**What might be ways that  
experiencing secondary or vicarious  
war impacts survivors' recovery?**



# Reflection

- Student N's story—refugee from Syria in 2017
- How the school responded
  - What did we do well?
  - What could we have done better?
- What can we learn from that experience?
  - A student, colleague, or anyone may have multiple stories to tell – possibilities of multiple realities that may or may not conflict with one another
- My experience as a Jewish refugee versus my student's experience as a refugee from Syria now in a high crime low-income neighborhood





**How might therapists, peer specialists,  
social workers, and other providers  
adapt services to ensure cultural  
humility and responsiveness?**

**“We really have to pause to be responsive rather than reactive. That’s hard when we personally feel offended by someone’s words or actions.”**

Dr. Wei Chin Hwang (clinical psychologist)

*Let people share their story. It's their choice not to if they don't want to. But if they offer, take time to listen and learn their story. Do not silence them.*

**“We want to think of humans as simple. But we aren’t. We’re complex and nuanced. And that takes effort. Sometimes people don’t want to put forth that effort.”**

Dr. Michelle Wang (clinical psychologist)

*Be mindful of reducing an issue or story.*

**“Default to compassion.”**

Dr. Kendrea Hart (school psychologist)

*Trust more than reprimand; we don’t need to know the details to be empathetic.*

*Think about the function of the behavior prior to labeling the behavior.*

**Lived experience  
story-telling**

*When, how, to whom*

**Opportunities to  
channel emotions**

*Activism*

*Community supports*

*Check in, listen,  
and validate*

**You can connect even if  
you cannot relate 100%**

**Don't make  
assumptions**

*Someone's ethnic identity  
might not match their  
national identity, nor inform  
their political or ethical stance  
on a past or current war*

**Consider someone's  
strengths**

*Before trying to "empower,"  
"save," or "better" a war refugee*

*Cultural bias or perspective*

**Active distress,  
resilience, or  
posttraumatic growth**

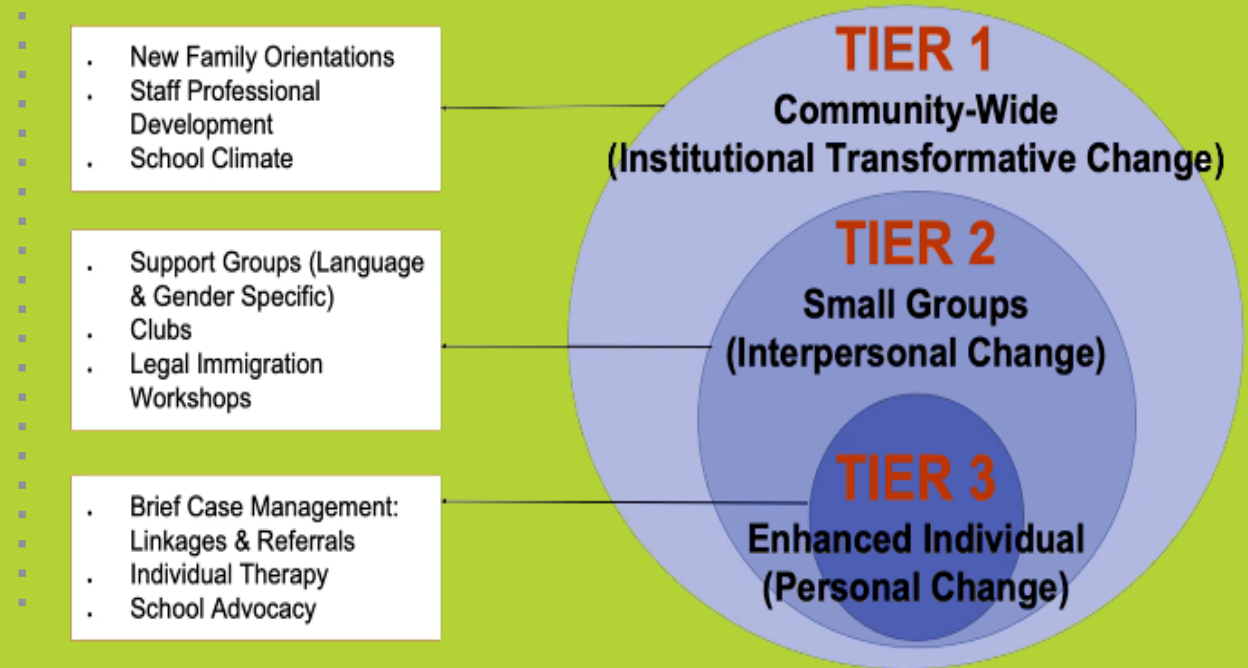


**Stephanie  
Noriega,  
LCSW**

# Goals of Newcomer Wellness Initiative

Aligned with Multi-Tiered System of Support (MTSS), the Newcomer Wellness Initiative seeks to improve school outcomes for newcomer youth and their connectedness to school communities.

1. Wrap around clinical case management for students with Tier 2 and Tier 3 needs.
2. Strengthen Tier 1 practices that create a safe, inclusive, and positive environment for newcomers and all students.
3. Strengthen school and community systems to support 6th-12th grade newcomers.



# Our Model: First Things First

Inspired by Maslow, the NWI team focuses on getting basic needs met.

## Central Intake at Time of Enrollment

*Conducted in special office at central student enrollment center.*



## Detailed Intake & Follow-Up

*Led by newcomer clinical social workers at newcomer program sites.*

## Self-actualization

desire to become the most that one can be

## Esteem

respect, self-esteem, status, recognition, strength, freedom

## Love and belonging

friendship, intimacy, family, sense of connection

## Safety needs

personal security, employment, resources, health, property

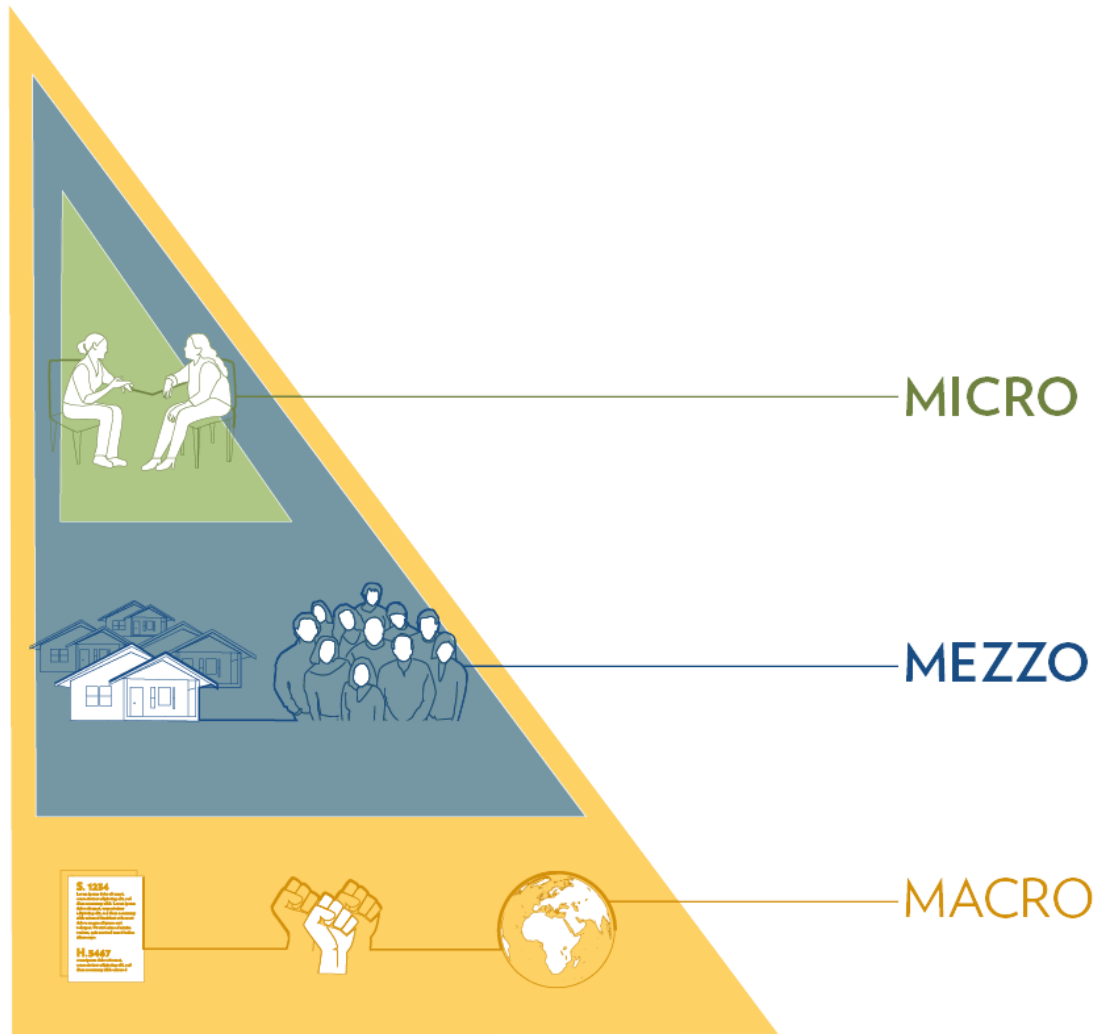
## Physiological needs

air, water, food, shelter, sleep, clothing, reproduction



# Shaping Programming

Intake information and other collection of student perceptions are used to shape newcomer wellness programming.







**José  
Patiño,  
MEd**



# José Patiño - DACA Recipient





# What does it mean to be an asylee? DACA? A Multiplicity of Realities



**Elementary Partnership**

Mixed Status Families



**Denise Garcia**

Mixed Status Families



**Angel Palazuelos**

Undocumented Student



**Darian Benitez**

DACA Student



**Blanca Sierra**

Elder DACA Recipient



# One way is a powerful way: Transform Trauma into Hope and Action

Often, a part of experiencing, witnessing, or growing up through war and violence is holding a feeling of powerlessness.

At Aliento, we believe that a way to heal is by supporting youth and families to reclaim their stories: how they tell their story and how we understand their stories.

We heal in community. We advocate for ourselves and each other so that we hold pain and possibility together.



# Takeaways

1. War isn't always on the front page: just because it's not in our national dialogue doesn't mean pain isn't present.
2. Without meaning making and conversations about our experiences, we can internalize anger that impacts us life long.
3. Be aware and attuned to the power of language, media: what happens when we witness violence?
4. How we talk about war impacts the way we validate or don't validate youth and families' experiences; not talking about violence (e.g., war in Honduras, community - based gun violence) can message that some peoples' pain matters more than others.
5. Immigrant communities are beautiful resilient people: centering our strengths is the way to support.
6. Immigrant communities don't need saving; we need partners to support our healing process.
7. We are all in our own healing journey and each journey looks and feels different
8. **In Lak'ech Ala K'in - tu eres mi otro yo. Si te hago daño me hago daño a mi mismo.**



**Sharon  
Hoover,  
PhD**



# **“We must be reflective to be effective”**

- Cultural humility
- The why of the work
- Personal roles





## **“Listen first, then speak”**

- Practice patience and flexibility
- Be willing to let go of planned content and process
- Attune to context – timing, place, power



**“Loneliness is a natural signal that our body gives us, similar to hunger, thirst.”**

- Culturally-based interventions
- Collective well-being
- Organizational well-being





# **Questions and Maybe Answers**

# Reminder!

## Optional discussion extension happening after we formally close.

- If you want to join, stay on this zoom link
- This 30 minutes is an optional space for participants (and potentially panelists) to stay after for discussion...
  - With what did you hear that you agree?
  - With what did you hear that you argue?
  - With what did you hear that you aspire to?
- And resource each other!

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# **Upcoming Distance Learning Opportunities & New Products from our Center**

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**Join us for  
other Pacific  
Southwest  
MHTTC  
Trainings!**

**Interweaving Polyvagal Theory with Expressive Arts  
Therapy in Clinical Practice**

June 14 | 1:00 pm – 2:30 pm PT | [Register Now](#)

**Peace from Anxiety Book Club**

Every Third Tuesday of the Month from February – June 2022

June 14 | 3:30 pm - 4:30 pm PT | [Register Now](#)

**Young Professionals Learning Community**

June 22 | 3:00 pm – 4:00 pm PT | [Register Now](#)

**Supporting the Mental Health of Refugee & Asylee Communities**

Session 1 | Voices and Stories

June 23 | 10:00 am - 11:30 am PT | [Register Now](#)

Session 2 | Systems and Strategies

June 24 | 10:00 am - 11:30 am PT | [Register Now](#)

**Youth Advocate Leadership Academy (YALA), National Cohort**

**\*\*Apply by June 17**

July 11, 12, 18, 19 | 11:00 am – 3:00 pm PT | [Register Now](#)

**Check Out  
New Products  
from our Center**

**Fostering Grief Ready Workplaces: A Starter Kit for Mental Health and School Mental Health Leadership**

<https://mhttcnetwork.org/centers/pacific-southwest-mhttc/product/fostering-grief-ready-workplaces-starter-kit-mental-health>

**Trauma-Informed Expressive Arts Therapy Toolkit**

<https://mhttcnetwork.org/centers/pacific-southwest-mhttc/product/trauma-informed-expressive-arts-therapy-toolkit>

**Ripple Effects: The Impact of Anti-AAPI Violence on Asian American and Pacific Islander Behavioral Health Providers in California**

<https://mhttcnetwork.org/centers/pacific-southwest-mhttc/product/ripple-effects-impact-anti-aapi-violence-asian-american-and>

## **Webinars Recordings**

**Did you miss a previous webinar  
or just want to watch one again?**

**Access all of our recorded webinars!**

The recording of this webinar will be made available in the Pacific Southwest Products & Resources Catalog on our website. To view this and all previously recorded webinars that are currently available go to the link below. Check back often as new additions are always being added.

<https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35>



# Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants. If you joined through the phone only, please email Diana Gray at [dgray@cars-rp.org](mailto:dgray@cars-rp.org) to report your participation.

## Contact Info

Email: [pacificsouthwest@mhttcnetwork.org](mailto:pacificsouthwest@mhttcnetwork.org)

Phone: (844) 856-1749

Website: <https://mhttcnetwork.org/centers/content/pacific-southwest-mhttc>

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<https://tinyurl.com/pacsw-mh-news>

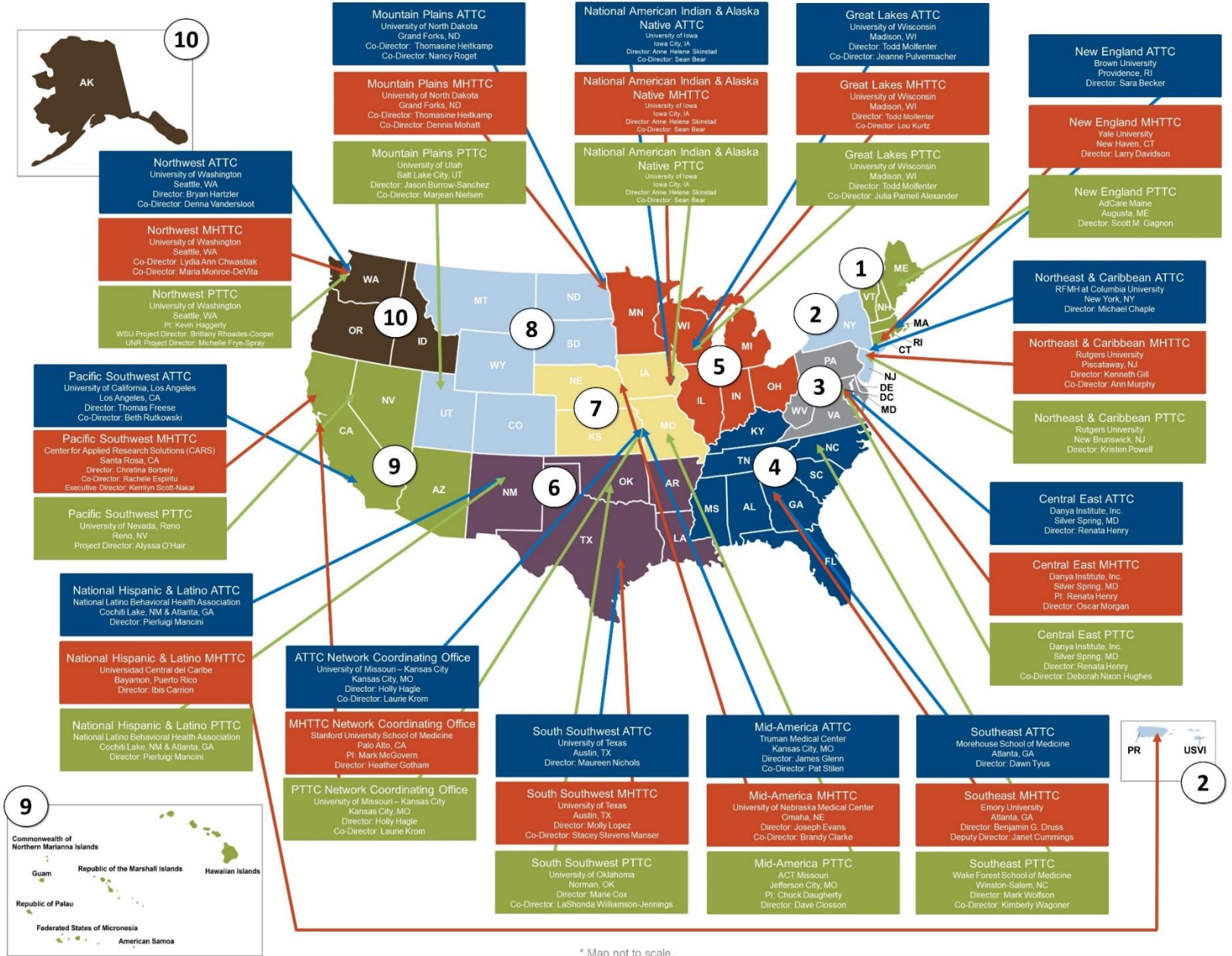
# Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration (SAMHSA)

## We are Region 9!

Serving the priorities of SAMHSA Region 9 states and territories, including:

Arizona, California, Hawaii, Nevada, and U.S. Pacific Islands of American Samoa, Guam, Marshall Islands, Northern Mariana Islands, Federated States of Micronesia, and Palau





Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network

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## **Our Role**

We offer a collaborative MHTTC model in order to provide training, technical assistance (TTA), and resource dissemination that supports the mental health workforce to adopt and effectively implement evidence-based practices (EBPs) across the mental health continuum of care.

## **Our Goal**

To promote evidence-based, culturally appropriate mental health prevention, treatment, and recovery strategies so that providers and practitioners can start, strengthen, and sustain them effectively.

## Services Available

No-cost training, technical assistance, and resources







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## **Products and Resources Catalog**

Access the wide array of existing products and resources available in our Products and Resources Catalog on our website, such as printed materials, recorded webinars, research articles, and more. [Access Now!](#)

## **Technical Assistance**

Consideration for Intensive TA (If the TA information request cannot be answered by existing resources on the website) can be requested with PS MHTTC staff who will conduct a meeting to assess if the request is within our scope, available time frame, and budget. [Request TA Now!](#)

SAMHSA's mission is to reduce  
the impact of substance abuse and  
mental illness on America's communities.

[www.samhsa.gov](http://www.samhsa.gov)

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)