

Supporting Refugee and Immigrant Populations 2017 Conference Executive Summary

A locally relevant two-day conference addressing the core competencies and integrative strategies we as a community of multidisciplinary providers need to enhance the care for the region's diverse refugee and immigrant populations.

Conference Vision:

Motivated by the desire to continue the work of attaining improved effective care for and responses to complex refugee/immigrant wellness needs, and following a successful inaugural conference in December of 2015, we propose a second conference: to mobilize and harness the diverse knowledge, capacities, and services of various stakeholders interested to learn from and with those who interface with refugee and immigrant communities in the USA. This second conference will provide a continued platform for improved skills attainment, sharing, and captivation of advanced research and practices within the prism of Human Wellness being interchangeably influenced by local and global factors.

Conference Rationale:

Over 70,000 refugees have come to Wisconsin from all over the world. Over the years, Wisconsin has welcomed many peoples from Southeast Asia, the former Soviet Union, the former Yugoslavia, and East Africa. The newest come from Somalia, former Burma (Karen, Chin, and Rohyngia), Iraq, the Democratic Republic of the Congo and Bhutan. Ninety-five percent (66,500) of all the refugees who have settled in Wisconsin have achieved economic self-sufficiency and are working and contributing to our communities. And almost all are now U.S. citizens [Wisconsin Department of Children and Families].

Yet this success has not come without the help of many individuals and agencies who provide culturally sensitive, linguistically appropriate, and empathetic services to refugees and new immigrants. The task of working with newcomers as they adjust to Wisconsin can be daunting: acquiring housing, coordinating health services, English language education, school and social services enrollment, job placement, and much more. All the while noting that certain refugee groups disproportionately include underserved children and adults with mental health needs, chronic co-morbid conditions, psychosocial stressors, relocation, and resettlement needs.

Regional health systems have also had to adapt to these new cultures as they assist the refugees and new immigrants with their primary health needs and, at times, more challenging health needs such as complex post- traumatic stress disorders, poorly controlled chronic medical problems, psychological adjustment needs, work and life stressors, etc.

By coming together and sharing our experiences with each other we can do better as individual providers, agencies, and as a community.

We find ourselves compelled to gather together; to discuss how we can better serve our clients, patients, and neighbors; and act with clarity and cohesion as we continue to welcome tomorrow's arrival

Dates:

Tuesday June 13, 2017 – Wednesday June 14, 2017

Location:

University of Wisconsin-Milwaukee Helene Zelazo Center for the Performing Arts 2419 E. Kenwood Blvd. Milwaukee, WI 53211

Learning Objectives:

At the end of this conference, attendees will have learned...

- I. How to adapt my practice to better serve refugee and/or immigrant populations
- II. The important considerations for addressing the top health concerns of Milwaukee's refugee and/or immigrant populations
- III. Which local services medical, behavioral health, social workers, etc. provide refugee and/or immigrant populations

Conference Tracks:

I. Refugee Agencies and Other	II. Medical	III. Mental Health	IV. Education
Refugee Care Providers	Professionals	Professionals	Professionals

Suggested Attendees:

Open to anyone interested in learning more about health issues for people who were born outside of the USA

- Dentists
- Case Managers
- Community Health Workers
- Faith leaders
- Human Resource Directors of corporations that hire new immigrant/refugees
- Medical Doctors
- Nurses
- Physician Assistants

Planning Representation:

- Aurora Walker's Point Community Clinic
- Bread of Healing Clinic
- Concordia University
- Froedtert Hospital Global Health Nursing Committee
- International Institute of Wisconsin
- Kajsiab House
- Kingdom Workers Lutheran Health Alliance
- Lutheran Health Alliance
- Lutheran Social Services
- Medical College of Wisconsin
- Mount Mary University
- Sebastian Family Psychology Practice, LLC
- State of Wisconsin Department of Health Services, Refugee Health
- Ugandan Behavioral Health Consortium
- UW-Milwaukee
- Wisconsin Lutheran College

- Pharmacists
 - Psychologists
 - Psychiatrists
 - Public Health
 - School teachers
 - Social Workers
 - Students: undergraduate, graduate, medical, PhD















Anonymous Donor



- Aurora Walker's Point Community Clinic
- Bread of Healing Clinic
- Concordia University
- Froedtert Hospital [Global Health Nursing Committee]
- International Institute of Wisconsin
- Kajsiab House
- Kingdom Worker
- Lutheran Health Alliance
- Lutheran Social Services of Wisconsin and Upper Michigan
- Medical College of Wisconsin
- Mount Mary University
- Sebastian Family Psychology Practice, LLC
- State of Wisconsin, Department of Health Services, Refugee Health Services
- Ugandan Behavioral Health Consortium
- University of Wisconsin-Milwaukee
- Wisconsin Lutheran College

WELCOME

Dear OCON2 Conference Participants

18 months ago, a group of dedicated people came together and issued a call-to-action for refugee care in our region. That inaugural Our City of Nation's (OCON) Conference challenged all of us who serve refugee communities to become accountable to one another for the quality of services we provide to our most vulnerable new neighbors.

It is with great pleasure that we welcome you to OCON2 where we can come together again as a community called to serve our region's vulnerable newest neighbors. It promises to be two days of invigorating discussions so that we might all carry our work even further on behalf of those whom we serve.

Our region's future is directly tied to how we choose to respond to our newest neighbors. Shall we help create conditions favorable for further enrichment of our communities or shall we remain complacent and allow others to shape our future for us?

The theme of OCON2 is "building new futures together". How apt this theme seems to be given the disheartening geopolitical winds blowing in our country and beyond. To act as a counter weight to some of these anti-refugee viewpoints, the organizers of OCON2 have worked tirelessly to provide a program that will allow for lively, interdisciplinary, and interagency dialogue. Important issues affecting our region's refugees and immigrants such as discrimination, re-traumatization, stigmatization, justice, etc., will be part of our work over the next two days.

To guide us towards this lively interaction, we are pleased to receive so many guests who will lead us through plenary sessions, workshops, and panels where we can explore the mounting challenges to continue to provide top-notched refugee care.

OCON2 would not have been possible without the support of our donors and registered participants. Generous supported has been received from the University of Wisconsin – Milwaukee, the Children's Community Health Plan, Managed Health Services, Concordia University, the Medical College of Wisconsin, and an anonymous donor. We thank them and you for being part of this important conference.

Respectfully,

Sebastian Ssempijja, Ph.D CEO/Clinic Director, SFPP Dr. James Sanders Associate Professor, Dept. Family & Community Medicine Medical College of Wisconsin

Vision

Provide a platform for improved skills attainment, sharing, and captivation of advanced research and practices within the prism of Human Wellness, being interchangeably influenced by local and global factors.

Goal

Mobilize and harness the diverse knowledge, capacities, and services of various stakeholders, interested to learn from and with those who interface with refugee and immigrant communities in the USA.

Objectives

- 1. Describe how to adapt my practice to better serve refugee and/or new immigrant populations.
- 2. List the important considerations for addressing the top health concerns of Milwaukee's refugee and/or new immigrant populations.
- 3. List which local services medical, behavioral health, social workers, etc. provide refugee and/or new immigrant populations,



<u>Wi-Fi:</u>

UW-Milwaukee's public Wi-Fi is available for use during the event.

Restrooms:

Restrooms are located on the first floor in rooms 185 and 189, and on the second floor in rooms 234 and 238.

CONTINUING EDUCATION

Conference Tracks:

Refugee Agencies & Other Refugee Care Providers	Medical Professionals	Mental Health Professionals	Education Professionals
SS	MED	MH	EDU

For counselors:

Mount Mary University and The Medical College of Wisconsin are cosponsors of this program. All professional participants can receive a certificate of attendance with 13.5 clock hours identified commensurate with their attendance.

For social work & case managers:

Case managers and social workers will receive a certificate of attendance with 13.50 clock hours identified commensurate with their attendance.

For physicians, pharmacists, nurses, psychiatrists:

ACCME Accreditation Statement: The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA Credit Designation Statement: The Medical College of Wisconsin designates this Live Activity for a maximum of 16 AMA PRA Category 1 Credit(s) $^{\text{TM}}$. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hours of Participation for Allied Health Care Professionals: The Medical College of Wisconsin designates this activity for up to 16 hours of participation for continuing education for allied health professionals.

OCPE registration: http://ocpe.mcw.edu/

For psychologists:

The Medical College of Wisconsin is approved by the American Psychological Association to sponsor continuing education for psychologists. The Medical College of Wisconsin maintains responsibility for this program and its content. This activity contains content or processes that may be potentially stressful.





KEYNOTE SPEAKERS

Galya Ruffer, JD, PhD

Galya Ruffer is the founding Director of the Center for Forced Migration Studies, Buffett Institute for Global Studies and Senior Lecturer in the Department of Political Science at Northwestern University. She completed a J.D. at Northwestern University and a Ph.D. in Political Science at the University of Pennsylvania. Ben-Arieh's current research centers on the rights and processes of refugee protection, citizenship and inclusion, the use of information and communication technologies in refugee protection and the connection between refugee protection and post-conflict recovery. She has been awarded grants from the National Science Foundation, the Social Science Research Council and the Kellogg Center for Dispute Resolution. She is a 2016 Senior Fellow at the Käte Hamburger Kolleg / Centre for Global Cooperation Research (University of Duisburg-Essen) with a focus on the question "Does the Refugee Convention Regime Contribute to Refugee Protection? Understanding Success' in the Implementation of Refugee Status Determination Systems." She has conducted field research in Europe and East Africa and has published on testimony and justice in the DR Congo, asylum law and policy, human rights litigation in transnational courts and immigrant incorporation and integration in Europe. Her books include Adjudicating Refugee and Asylum Status: The Role of Witness, Expertise, and Testimony (co-edited with Benjamin Lawrance), Cambridge University Press (2015) and Prosecution, Persecution, Protection: Doing Justice for Sexual Violence (forthcoming). She serves on the executive committee of the International Association for the Study of Forced Migration. Aside from her academic work, she has worked as an immigration attorney representing political asylum claimants both as a solo-practitioner and as a pro-bono attorney.

Commissioner Edward Ehlinger, MD, MSPH

Minnesota Gov. Mark Dayton appointed Dr. Ehlinger, to serve as Minnesota Commissioner of Health in January 2011. On October 1, 2015 he was appointed as President of the Association of State and Territorial Health Officials. He is responsible for directing the work of the Minnesota Department of Health. The Minnesota Department of Health is the state's lead public health agency, responsible for protecting, maintaining and improving the health of all Minnesotans. The department has approximately 1,400 employees in the Twin Cities area and seven offices in Greater Minnesota. Prior to being appointed commissioner, he served as director and chief health officer for Boynton Health Service at the University of Minnesota. He has also served as an adjunct professor in the Division of Epidemiology and Community Health at the U of M School of Public Health. From 1980 to 1995, Ehlinger served as director of Personal Health Services for the Minneapolis Health Department. He completed his bachelors of arts at UW-Madison, a masters of public health at University of North Carolina, Chapel Hill and a medical degree from the University of Wisconsin.



Melani Greenberg



Melani Greenberg is Melanie Cohen Greenberg is President and CEO of the Alliance for Peacebuilding. Before joining the AfP, she was the President and Founder of the Cypress Fund for Peace and Security, a foundation making grants in the areas of peacebuilding and nuclear nonproliferation. From 2003 to 2004, she was a visiting scholar at the Johns Hopkins School for Advanced International Studies, focusing on issues of justice in post-conflict peacebuilding. From 2000 to 2002, Melanie was director of the Conflict Resolution Program at the William and Flora Hewlett Foundation. She previously served as associate director of the Stanford Center for International Security and Cooperation and deputy director of the Stanford Center on International Conflict and Negotiation.

In her work on international conflict resolution, Melanie has helped design and facilitate public peace processes in the Middle East, Northern Ireland, and the Caucasus. She has taught advanced courses in international conflict resolution, multi-party conflict resolution, and negotiation at Stanford Law School, Georgetown University Law Center and the Elliott School of George Washington University. She was lead editor and chapter author of the volume Words over War: Mediation and Arbitration to Prevent Deadly Conflict (Rowman & Littlefield, 2000), and co-editor of Civil Society, Peace and Power (Rowman & Littlefield, 2016).

Melanie is a frequent writer, lecturer, teacher, and trainer in a broad range of areas related to international law, international security, and peacebuilding. In her training capacity, she has led courses for Congressional staff, scientists at the National Institutes of Health, international lawyers, business executives, and graduate students from around the world. Melanie serves on multiple non-profit boards, and is an International Advisory Council member of the United States Institute of Peace. Melanie holds an AB from Harvard and a JD from Stanford Law School.

DAY 1: TUESDAY, JUNE 13 —

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8:00	REGISTRATION (Zelazo Center Entrance)	
8:30	OPENING REMARKS Dr. James D. Sanders: Associate Professor Family and Community Medicine, Medical College of Wisconsin Dr. Sebastian Ssempijia: Executive Director Sebastian Family Psychology Practice, LLC Dr. Joan M. Prince: Vice Chancellor, University of Wisconsin-Milwaukee Marla Mm Welcome participants and provide a rationale for the conference. Honoring the land and connecting refugee and indigenous displacement.	
8:45	KEYNOTE ADDRESS: REFUGEE MILIEU THROUGH THE LENS OF RESETTLEMENT, CULTURE, AND IDENTITY Ms. Galya Ruffer, JD, PhD: Founding Director, Center for Forced Migration Studies, Senior Lecturer, Buffett Institute for Global Studies, Northwestern University A wide-ranging overview of the refugee experience in the Midwest that will offer insights for envisioning and implementing positive resettlement scenarios. -Understand core issues of resettlement for refugee families -Understand the problems of the one-size fits all model of resettlement -Gain insights into what "positive" resettlement looks like in reality -Understand how education, health and employment impact resettlement	
10:00	BREAK	
10:15	PANEL: ENGAGING CULTURAL HUMILITY AND TRAUMA-INFORMED PERS Ms. Galya Ruffer, JD, PHD: Founding Director, Center for Forced Migration Stud Dr. Dimitri Topitzes, PhD, LCSW: Co-Founder and Associate Director, Institute for Laura Mesenbrink, APNP, FNP: Nurse Practitioner, Medical College of Wiscons An interprofessional exchange on the impact of developing a humanistic, insider trauma-informed perspectives. -Develop a working definition of cultural humility -Understand the importance of trauma-informed perspectives -Gain knowledge of the impact of arrival stories for care givers, professionals, and ref	lies, Senior Lecturer, Buffett Institute for Global Studies, Northwestern University or Child & Family Well-Being, Associate Professor, UW-Milwaukee in viewpoint when working with refugee populations: including cultural humility and
11:45	NETWORKING LUNCH: Catering provided by refugee and immigrant owned businesses	
12:45	BREAKOUT SESSIONS REFUGEE 101 – WHAT YOU NEED TO KNOW Kelly Todd: Case Manager, Lutheran Social Services Suzy Michaels: Case Manager, Lutheran Social Services What services are provided to new refugees, the scope and extent of resettlement work, and next steps for refugees in the US. -Describe the processes refugees undertake leading to arrival in the US -Understand how interpretation and culture affect refugees' interactions with health and legal systems in the US -Learn trauma-informed perspectives in relation to self-sufficiency	PATHWAYS TO SUCCESS: EDUCATION, CREATIVITY, CULTURE & ECONOMICS Dr. Mohammad Dakwar: Provost, Milwaukee Area Technical College Dr. Sadique Isahaku: Dean of Liberal Arts & Sciences, MATC Alexandra Topping: ESL Instructor and Citizenship Preparation, MATC Opportunities for taking refugees to the next step in contributing to their new homes through economic enterprise that builds resilient communities. -How work skills may be adapted and applied for jobs in a new community -Example programs in Milwaukee that develop pathways to job placement -Learn about the contributions refugees bring to a community through professional skills and experiences
2:00	BREAK	
2:15	BREAKOUT SESSIONS THE ART OF HEALING SCIENCE: THE VALUE OF TRADITIONAL PRACTICE Ge Lo: PhD Candidate in Nursing, University of Wisconsin-Madison Modern science can provide successful health outcomes. But what role does traditional healing play in a modern medical milieu? Explore the role of traditional healing in addressing mental and physical needs of refugees and others. -How traditional healing practices can be integrated into the medical milieu -The whole health benefits of integrated traditional and medical approaches in the refugee community -How to include integrated approaches to healing into conversations with medical, behavioral health and education providers -Processes for creating culturally sensitive health care with patient-inclusive planning	TRAUMA AND INCLUSION CONSIDERATIONS IN SCHOOLS FOR STUDENTS WITH REFUGEE BACKGROUNDS Dawn Shimura: District ELL Coordinator, Oshkosh Public Schools Maly Yang, Manee Jodolon, Margaret Nahawanda & Sarah Borges: Milwaukee Public Schools Travis Pinterer: School Psychologist, MPS Violence Prevention Program The latest in research on supporting SRB, strategies in Wisconsin and resources available. -Learn examples of the impact of historic trauma exposure on symptoms in SRB's -Identify examples of school trauma that may be exhibited in SRB's -Learn strategies to creating inclusive, trauma-informed school environments -Identify methods to access school and community-based adjustment resources
3:30	DAY 1 CLOSING: WHO'S SUPPORTING YOU? HEALING THE HEALER S. Michele Cohen, PhD, LPC, LCPC Secondary traumatic stress on helpers and healers: meditation, creating your spather of secondary traumatic stress on caregivers -The physical and psychological impact of secondary traumatic stress on caregivers -How to include time for self-care and healing in your own personal practices -Two tools for creating a self-care practice through guided imagery -How to share self-care practices with patients, clients and students	

DAY 2: WEDNESDAY, JUNE 14 —

8:00	REGISTRATION	
	(Zelazo Center Entrance)	
8:30	OPENING REMARKS Dr. James D. Sanders; Associate Professor Family and Community Medicine, Me Dr. Syed Ahmed, Senior Associate Dean for Community Engagement, Professor Wisconsin Welcome participants from Co-Hosts Medical College of Wisconsin.	edical College of Wisconsin Family and Community Medicine, Institute for Health and Equity, Medical College of
8:45	KEYNOTE ADDRESS: UNMASKING THE MYTHS AND MYSTERIES OF COLLECTIVELY CREATING HEALTHY AND EQUITABLE COMMUNITIES Dr. Edward Ehlinger, MD, MSPH: Minnesota Commissioner of Health, State of Minnesota A synthetic overview of some of the complex challenges and rich opportunities for communities welcoming refugees and immigrants, how interconnections can inhibit or promote health equity, and how changing the narrative about what creates health friction can become a transformative force for building democracy and stimulating positive change. -Learn about social determinants of health and describe how these may negatively impact a refugee's transition into a new home, work, and school environment -Propose ways that the Leading Health Indicators 2020 (safety, environmental, mental health) can be incorporated into your work with refugees -Discuss with others to develop interprofessional perspectives on how to you mix, blend, engage different mental models of myths	
9:30	PLENARY: REWIRING THE BRAIN FOR PEACE: BRIDGING NEUROSCIENCE, PEACEBUILDING AND SPIRITUALITY Melanie Greenberg, JD: CEO, Alliance for Peacebuilding How neuroscience helps us understand the changes to the brain caused by violence and fear — and how contemplative practice can serve as an antidote to those negatives effects and give us new avenues for sustainable peacebuildingDescribe ways in which you can use neuroscience principles to unmask the deep roots of conflict dynamics -Learn how to incorporate peacebuilding principles into your own work with refugees	
9:30	PANEL: MOVING BEYOND THE MYTHS: REIMAGINING OUR MODELS OF HEALTH, SUSTAINABILITY AND PEACEFUL COMMUNITY Dr. Edward Ehlinger, MD, MSPH: Minnesota Commissioner of Health, State of Minnesota Melanie Greenberg, JD: CEO, Alliance for Peacebuilding Dr. Fred Coleman: Psychiatrist, Kasjiab House How do we navigate through complex environments during times of uncertainty to build shared community vision, manage social, economic and health risks for refugees, understand resilience in communities, and work through cycles and changing trends of trauma and culture relocation. -Discuss ways of helping individuals navigate through complex environments during times of uncertainty -Identify principles of resilience that you can use to help refugees in their transition to new communities	
11:45	NETWORKING LUNCH: Catering provided by refugee and immigrant owned businesses	
12:45	BREAKOUT SESSIONS	
	BRIDGING THE DIFFERENCES: A PUBLIC HEALTH APPROACH TO HELPING FAMILIES ADAPT TO A NEW COUNTRY AND WAY OF LIFE April Lowther, MSW, Kirsten Matesi, RN, Lara Sobek, RN, Erica Odom, MCW, CAPSW, Katie Schlipmann, RN: Milwaukee Public Health Dept. Refugee Project Home Visitors Natalie Alcaraz, MPH, RDN, Tracy Gulock, DTR: WIC Information learned and strategies for working with Burmese families. How data on nutrition and dietary practices of Karen families can help improve nutrition services to other refugee families. -Identify some unique challenges for Burmese families in accessing care -Learn cultural norms such as dietary preferences, infant feeding practices -Understand Karen families' knowledge of WIC services -Learn strategies for working with Burmese and Karen families	SUCCESSFUL FUTURES: REFUGEE BUSINESSES ENRICHING OUR COMMUNITIES Blia Cha: Former Realtor, ACTS Housing Dr. Fred Coleman: Psychiatrist, Kasjiab House Jennifer Casey: Executive Director, Fondy Food Center Stories of hope and integration leading to success that enriches and diversifies communities. -Describe how community mental and physical wellness indicators can be improved, enhanced and promoted through refugee business -Examples of successful social enterprises undertaken by refugees and immigrants -Barriers limiting refugee individuals and businesses from economic participation -Learn conditions, factors, and characteristics that promote economic success -Apply models that leverage the strengths and assets of refugees towards a more diverse and thriving economy and community.
2:00	BREAK	
2:15	BREAKOUT SESSIONS MENTAL FIRST AID—A WAKE UP CALL	SUPPORTING, SERVING, AND CONNECTING ALTERNATIVE RESIDENTS
	Dr. Fred Coleman: Psychiatrist, Kasjiab House Debbie Davis: Family Support Specialist Aurora Walker's Point Community Clinic An overview of the Mental Health First Aid (MHFA) Training, focusing on recognizing and assisting individuals in crisis. -Learn the supports and skills most critical in responding to mental health crises	Luis Esquivel: Community Health Educator, Walker's Point Community Clinic Miguel Sanchez: Marquette University member, Youth Empowered by the Struggle Barbara Graham: Lawyer, Catholic Charities Legal Services Leslie Davis: Psychologist, Walker's Point Community Clinic & Voces de la Frontera Current safety, health and justice challenges for "alternative residents", and the surge of community resilience and support in response to those challenges. -Learn about current safety, health, and justice challenges and solutions for "alternative residents" -Describe top concerns for clients and how to best guide clients to deal with them
3:30	DAY 2 CLOSING: ETHICS AND CARE: NEEDS OF THE PRESENT, DREAMS I Dr. Paul Broadwin: Anthropologist, University of Wisconsin-Milwaukee Closing reflections, reimagining success, rethinking health and wellness, and mor how notions of care vary across professional boundaries and within refugee comm -The need for an expansive definition of "care" -Develop an anthropological perspective of health and social care within the co -Understanding how everyday ethics can inform and impact refugee access to a	rphing the needs of the present. The ethical implications of working with refugees and nunities. Intext of refugees and new arrivals

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MAP



