Cultural Considerations:

Engaging Russian and Ukrainian-Speaking Clients

Training Overview

Russian and Ukrainian-speaking immigrants remain largely unrepresented and underserved in our communities, largely due to their previous experience and attitudes that influence their perception of government assistance and mental health services. This training will provide an overview of the major socio-cultural and historical influences, diversity, and experiences of recent immigrants from the former Soviet Union. We will look at this populations' common attitudes towards government and mental health, the complexity of addressing assessment and counseling with family members, and how to foster acceptance of mental health services when needed. We will consider intergenerational trauma and its symptoms for first and second generation Russian and Ukrainian-speaking immigrants, and we will identify the general difficulties these immigrants need to overcome during their first several years in this country. We cover how to effectively use an interpreter, and we will offer practical strategies to establish a rapport to build trust with this population so they can receive services to support their wellbeing.

Learning Objectives

Participants will be able to:

- Identify at least three specific complexities regarding cultural and linguistic diversity among recent Russian and Ukrainian-speaking communities;
- Identify at least three approaches to integrate first language culture into second language mental health services and related programs;
- Identify five common barriers that prevent Russian and Ukrainian-speaking immigrants from accessing mental health services; and
- Identify at least three practical strategies to create rapport and build trust with immigrant clients and their families.

Continuing Education

This course meets the qualifications for two (2) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences (CAMFT). Placer County Systems of Care is approved by CAMFT to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. CAMFT-approved Continuing Education Provider #041035. Placer SOC maintains responsibility for this course and its content.

About the Instructor

Tatiana Shevchenko was born in the Soviet Union and came to Sacramento as a religious refugee from Kiev, Ukraine in 1992. Her personal experience as a non-English speaking immigrant, raising four young children in the new society, learning English and finding her place as a citizen – all while going to college, working, overcoming domestic violence in her relationships, serving the community as a newspaper writer, working as an advocate and later as a mental health counselor – all resulted in the creation of this training. Tatiana has studied psychology and has a degree in communication. She has over 10 years of experience working to support Russian-speaking clients with mental health services for both adults and children. This training reflects the trainer's experience as well as her American colleagues who asked her a lot of questions about working with Russian-speaking clients. Tatiana has conducted over 10,000 hours of training to train government and nonprofit agencies, universities, and medical clinics. Her education and experience help current and future practitioners learn about the Russian and Ukrainian communities, develop more skills to interact with and support this population, and improve the delivery of mental health services to this underserved community.

Training Date and Time

November 17, 2022
10:00am-12:00pm

Location: Remote Training via Zoom

Registration is available in Placer Learns

◊ Placer County Employees access Placer Learns through the Learning Zone on their MyPlacer.

◊ External Users (non-county employees) access Placer Learns through this External User Login

For accessibility requests (e.g. ADA access), special needs, questions and/or to provide feedback, please contact Placer County designee, SOC Placer Learns Administrator at:
PlacerLearns-SOCadmin@placer.ca.gov

Fee:

This training is ***free and open to the public.*** Registration is available in Placer Learns.

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Cancellation Policy:

Due to this training being offered at no cost and most of our trainings often taking a waitlist, we ask that you withdraw from this training via your Placer Learns account if you are not going to attend. If you require any assistance in withdrawing, you may contact a Placer Learns Department Administrator at PlacerLearns-SOCadmin@placer.ca.gov.

Target Audience:

This training is designed for all professionals, social and mental health workers, medical and other specialists working with clients from Russian and Ukrainian community in Placer and surrounding counties.

Schedule:

A link to the remote training will be provided to participants 1-2 days before the training. Participants will be admitted into the training 15 minutes prior to start of the training time listed on the flyer. This training will be two-hours with time for questions and answers.

Course Certificates and CEUs

Attendance for this remote training will be closely monitored by an administrator. Participants are required to attend and participate for the duration of the training for credit. Attendees who complete the training attendance requirements will be able to view and print their Completion/CEU Certificate from the Transcripts tab in Placer Learns within two weeks of the training date. Attendees not present and accounted for will not receive credit. Partial credit is not offered.

Feedback:

Attendees are encouraged to provide feedback upon completion of the course. We will provide a Survey Monkey link for participants to provide training evaluation feedback and demographic information electronically. Additional feedback or grievances may be forwarded to the Workforce Education and Training Coordinator at (530) 889-7222.