

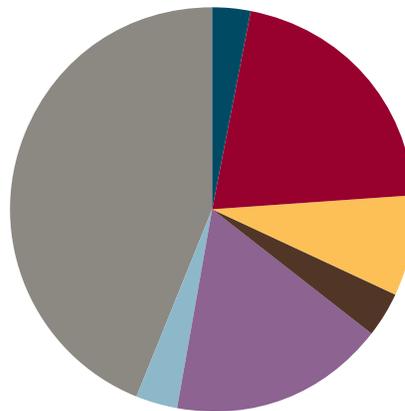
## Child Welfare & Cultural Diversity

# Resources for Child Welfare Professionals Working with Families from Refugee Backgrounds

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**Minnesota is home** to more people with refugee backgrounds per capita than any other state. In the past ten years, the groups resettling to Minnesota have been increasingly diverse and from nontraditional ethnic communities. Child welfare workers may encounter people from new refugee communities in their work. This guide provides information and resources to assist child welfare workers in providing culturally responsive, appropriate services to meet the unique needs of families with refugee backgrounds. This resource guide includes specific resources for two of Minnesota's newest refugee communities (Bhutan and Burma). [Additional resources for Minnesota refugee communities](#) can be found on our website.

### Most Recent Primary Refugee Arrivals 2004-2014



Bhutan	969
Burma	6,495
Ethiopia	2,454
Former Soviet Union*	1,099
Hmong	5,375
Iraq	966
Somalia	13,577

\*Primarily includes: Belarus, Moldova, Russia, and Ukraine  
Source: <http://www.health.state.mn.us/divs/idepc/refugee/stats/refcummm.pdf>

## Resources for Working with Immigrant and Refugee Families

### Creating Trust and Rapport with Foreign-Born Clients.

Article in the New Social Worker by Shirlene Elledge, CPM, CNHP. It describes the KNOW system for working with refugee and immigrant families, which consists of: Knowing some country of origin basics; Noticing social norms; Observing family values; and Watching for immigration and acculturation-related issues.

### Executive Order 13166- Improving Access to Services for Persons with Limited English Proficiency.

This legislation describes the Executive Order related to Title VI of the Civil Rights Act that prevents discrimination against persons with limited English proficiency (LEP) in accessing federally conducted and federally assisted programs and activities.

### Family and Community Centered Child Welfare Practice with Refugees and Immigrants.

From: Bridging Refugee Youth & Children's

Services. This is a list of 17 resources related to engaging immigrant and refugee families and communities in family decision making and family group conferencing.

### I Came All This Way For Them, Refugee Parents in Their Own Words: Newcomers and Parenting.

From: Bridging Refugee Youth and Children's Services (BRYCS) web resources.

### Interpretation - Serving Refugee and Immigrant Children. From: Bridging Refugee Youth & Children's Services.

This is a list of 26 resources on how to effectively work with interpreters.

### Raising Children in a New Country: A Toolkit for Working with Newcomer Parents.

By Susan Schmidt, MSW for Bridging Refugee Youth & Children's Services. This is a toolkit for child welfare workers on developing parenting services for refugee families.

### Resources to Enhance Child Welfare Training Curricula.

From: Bridging Refugee Youth & Children's Services. This is a list of 28 resources for enhancing training curricula related to child welfare practice with immigrants and refugees.

### Strategies for Engaging Immigrant and Refugee Families.

From: National Center for Mental Health Promotion and Youth Violence Prevention.

### Suggestions for Interviewing Refugee and Immigrant Children.

From: Bridging Refugee Youth & Children's Services. This brief includes 10 suggestions for interviewing families with limited English proficiency (LEP), including how to work with interpreters, preparing for the interview, and effective interview techniques.

## Parenting Resources for Immigrant and Refugee Families

### [Involving Refugee Parents in their Children's Education.](#)

From: Bridging Refugee Youth & Children's Services. This is a list of 40 resources for involving refugee parents in their children's education.

### [Strengthening Services for Refugee Parents: Guidelines and Resources.](#)

From Bridging Refugee Youth & Children's Services. This manual is based on interviews with staff from 28 programs in 13 states that work with refugee parents. It presents an overview of the challenges that refugee parents face and provides guidelines and tools for provision of effective services to meet the needs of refugee parents.

### [Raising Children in a New Country: An Illustrated Handbook.](#)

From Bridging Refugee Youth & Children's Services. This is an illustrated booklet for refugee parents and is available in multiple languages.

## Resources for Building Child Welfare Collaborations with Refugee Service Agencies

### [Refugee Resettlement and Child Welfare: Collaboration for Child Protection.](#)

From: Bridging Refugee Youth & Children's Services. This is a 3 page Spotlight that highlights collaborative relationships that child welfare agencies have developed with refugee service agencies to enhance services to immigrant and refugee families. It also

provides suggestions and further resources for developing collaborative cross-agency partnerships.

### [Building Bridges: A Guide to Planning and Implementing Cross-Service Training.](#)

From Bridging Refugee Youth & Children's Services. This is a guide for developing

cross-service training that involves child welfare agencies, refugee-serving agencies, and refugee community organizations for the purposes of information and resource sharing and developing collaborative strategies across service systems.

## Resources for Working with Refugees Families from Bhutan

### [Bhutanese Refugees.](#)

From: Cultural Orientation Resource Center. This website provides several resources including backgrounders, videos, and images that are intended to for service providers who are working with this new refugee population.

### [Bhutanese Refugee Families.](#)

From: Bridging Refugee Youth & Children's Services. This cultural backgrounder provides general cultural information and practice tips for service providers working with Bhutanese families.

### [Bhutanese Refugee Health Profile.](#)

From: U.S. Centers for Disease Control. This website provides health, mental health, and cultural information about refugees from Bhutan.

### [Bhutanese Refugees: The Story of a Forgotten People.](#)

From: PhotoVoice and Bhutanese Refugee Support Group. This website contains images, personal stories, and information about refugees from Bhutan and their lives in Bhutan, refugee camps in Nepal, and in resettlement countries around the world.

### [Fact Sheet on the U.S. Resettlement Program.](#)

From: Embassy of the United States in Kathmandu, Nepal. This fact sheet describes the

background, process, and goals for resettlement of refugees from Bhutan to the U.S.

### [Helping the Community to Stabilize: An Experience in the Bhutanese Context.](#)

From: Birenda Dhakal/Bhutanese Association of Georgia. This presentation by a Bhutanese community-based organization in Georgia describes the cultural background of refugees from Bhutan, their resettlement experiences, and encourages mainstream organizations to partner with Bhutanese community-based organizations.

### [Highlighted Resources – Bhutanese.](#)

From: Bridging Refugee Youth & Children's Services. This is a list of resources for child welfare workers on refugees from Bhutan.

### [Needs Assessment of Refugee Communities from Bhutan and Burma.](#)

From: Intergenerational Center at Temple University and Southeast Asia Resource Action Center. This report summarizes the challenges facing the first wave of resettling refugees from Bhutan and Burma in their resettlement to the U.S. It also presents the strengths exhibited by these families and suggestions for service providers.

### [Nepali-Speaking Bhutanese \(Lhotsampa\) Cultural Profile.](#)

By Maya Maxym, MD, PhD for Ethnomed. This cultural profile provides information about refugees from Bhutan, including language; interpersonal relationships; marriage, family, and kinship dynamics; religious beliefs and practices; transition to life in the US and common acculturation issues; recommendations for assisting refugees; and others.

### [Refugees from Bhutan: History, Culture and Traditional Practices.](#)

From: Minnesota Department of Health. This powerpoint provides an overview of the history, culture, and traditional practices of refugees from Bhutan.

### [Who am I? Assessment of Psychosocial Needs and Suicide Risk Factors among Bhutanese Refugees in Nepal and After Third Country Resettlement.](#)

From: International Organization for Migration. This report presents the results of a three-week assessment on psychosocial wellbeing and suicide risk factors among Bhutanese refugees in Nepal and the United States.

## Resources for Working with Refugees Families from Burma

### **BRYCS Parenting Conversations: Klee Thoo, A Burmese Karen Father.**

From: Bridging Refugee Youth & Children's Services. This document is an interview with a Karen father about parenting in the U.S. and covers topics such as discipline, schooling, and family roles.

### **Documentaries/Films on Burma and the Karen.**

From: HealTorture.org, a resource center for people who are interested in healing after torture.

### **Highlighted Resources – Refugees From Burma.**

From: Bridging Refugee Youth & Children's Services. This is a list of resources for child welfare workers on refugees from Burma.

### **Karen Annotated Resource List.**

From: HealTorture.Org. This website contains an annotated list of resources related to Karen people from Burma, including human rights reports and resources for providers working with this group.

### **Karen Cultural Profile.**

From: Ethnomed. This cultural profile provides information about Karen refugees from Burma, including language; interpersonal relationships; marriage, family, and kinship dynamics; religious beliefs and practices; community structure, and other resources.

### **The Karenni People.**

This is a website that provides cultural information about Karenni people from Burma.

### **The Karen People: Culture, Faith and History.**

From: Karen Buddhist Dhamma Dhutta Foundation. This guide provides basic information about Karen people and is written for service providers working with this population.

### **Needs Assessment of Refugee Communities from Bhutan and Burma.**

From: Intergenerational Center at Temple University and Southeast Asia Resource Action Center. This report summarizes the challenges facing the first wave of resettling refugees from Bhutan and Burma in their

resettlement to the U.S. It also presents the strengths exhibited by these families and suggestions for service providers.

### **Refugee Families from Burma. From: Bridging Refugee Youth & Children's Services.**

This cultural backgrounder provides general cultural information and practice tips for service providers working with refugee families from Burma.

### **Refugees from Burma.**

From: Cultural Orientation Resource Center. This website provides several resources including backgrounders, videos, and images that are intended to for service providers who are working with this new refugee population.

### **Promoting Cultural Sensitivity: A Practical Guide for Tuberculosis Programs That Provide Services to Persons from Burma.**

From: U.S. Centers for Disease Control. This guidebook contains chapters on the history of Burma and refugee resettlement to the U.S., overview of Karen culture, tips for working with interpreters, and Karen terms and phrases.

## Referral Resources for Refugees

### **Bhutanese Community Organization of Minnesota.**

The Bhutanese Community Organization of Minnesota (BCOM) is a nonprofit, ethnic community-based organization serving refugees from Bhutan in Minnesota. This website contains staff and contact information.

### **Directory of Mutual Assistance Associations and Community Based Organizations Serving Refugees and Immigrants in Minnesota.**

From: Minnesota Department of Health, Refuge Health Program. This is a directory of mutual assistance associations (MAAs) and community-based organizations (CBOs) that

serve refugees and immigrants in Minnesota. Listings are divided by ethnic group (African, Asian, Multicultural, Eastern European, Latino, etc.). Agencies are then listed alphabetically within each ethnic category.

### **Health Resources Directory for Diverse Cultural Communities.**

From: Minnesota Department of Health, Refuge Health Program. This is a directory of hospitals, clinics, organizations and services that serve immigrants and refugees in Minnesota, including general health services, dental services, home care, mental health, and help for sexual assault and battering.

### **Karen Organization of Minnesota.**

The Karen Organization of Minnesota is a nonprofit, ethnic community-based organization serving refugees from Burma in Minnesota. This website contains information about programs, staff and contact information.

### **Resettlement Resources.**

From: Minnesota Department of Health, Refuge Health Program. This website contains information about local refugee resettlement agencies in Minnesota and other resettlement resources.

## Mental Health Referral Resources for Refugees

### **Alliance Wellness Center.**

Alliance Wellness Center specializes in substance abuse treatment for East African communities.

### **Amherst H. Wilder Foundation.**

Wilder provides an array of mental health services and has a Southeast Asian program focus.

### **Community-University Health Care Center.**

CUHCC provides an array of counseling and mental health services for individuals and families. Services are available in English, Hmong, Laotian, Somali, Spanish and Vietnamese.

### **Goodwill Easter Seals Working Well Mental Health Clinic.**

Goodwill Easter Seals Working Well Mental Health Clinic also has a Being Well program that specializes in mental health services for Karen and Hmong people.

### **Healing Resources for Refugees.**

From: Minnesota Council of Churches Refugee Services. This website contains referral resources for refugees in the areas of mental health, domestic violence, diagnostic assessment resources, and basic needs.

### **Mental Health Minnesota.**

This website provides a comprehensive list of mental health services in Minnesota and other resources, such as advocacy, employment services, domestic violence, etc.

### **Metro Behavioral Health.**

Metro Behavioral Health provides psychotherapy, ARMHS services, in-home family services, substance use/abuse services, and other mental health services. Multilingual services are provided for the following languages: English and Somali.

### **MORE.**

MORE specializes in mental health services to refugees and immigrants. Services include assessment and referral, individual and family counseling, a Karen Elders Support Group, a Karen Women's Depression Treatment Group, and other mental health services.

### **Natalis Counseling & Psychological Solutions.**

Natalis provides an array of counseling and mental health services for individuals and families.

### **Nystrom & Associates, LTD.**

Nystron & Associates provides a wide array of individual and family mental health services, including ARMHS services.

### **Pangea Care Behavioral Health Services.**

Pangea Care provides an array of culturally competent mental health and chemical health services including services in the following languages: English, Spanish, Hmong, and Karen.

### **Pathways Counseling Center.**

Pathways provides an array of mental health services and has a specialty in refugee/immigrant mental health services.

### **Summit Guidance Center.**

Summit Guidance Center provides clinic-based and in-home mental health services, including individual psychotherapy, family counseling, psychiatric evaluations, diagnostic assessments, and other mental health services. They also have culturally/spiritually tailored interventions, such as a meditation group co-facilitated by traditional healers. Multilingual services are provided for the following languages: English, Somali, Arabic, Oromo, Amharic, and Swahili.

This resource guide includes specific resources for two of Minnesota's newest refugee communities (Bhutan and Burma). Additional resources for other communities are available at: [cultural-diversity-resources.](https://www.culturaldiversityresources.org/)