

Reaching Into the Shadows: Outreach in the Midst of an Immigration Crisis *by Cassie Caravello, Program Assistant*

On a recent trip to Arizona, driving along a highway over 100 miles from the U.S./Mexico border in a clearly marked health center vehicle, my colleagues and I were stopped at a border patrol checkpoint. If frightening situations like this were not enough, Immigration and Customs Enforcement (ICE) raids are appearing in local newspaper headlines, and federal immigration prosecutions are up 73% since 2006.¹ This current state of affairs is alarming everyone concerned with the welfare of our nation's farmworkers. Hysteria over immigration in the U.S. has created a palpable climate of fear, making the challenging work of health outreach even more difficult.

Although the border patrol agent waived us by, the air in that community was thick with tension due to an aggressive sheriff and terrorizing anonymous tip calls. While "Juan Crow," a phrase used to describe this surge of xenophobia, forces many undocumented people deeper into the shadows of our society, it emboldens others into action. The uncertain future of immigration reform has caused local anti-immigrant law enforcement agencies to take extreme measures;

some police are trained by ICE,² others are learning to use identity theft laws as tools for raids.³

While approximately 50% of farmworkers in the U.S. are undocumented,⁴ many others live in mixed households comprised of people with and without legal status. Thus, countless farmworkers are directly impacted daily by this political climate.

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Photo courtesy of ARHT, Clinica Adelante Inc.

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Thinking Outside the Box: Farmworker Employers as Partners in Outreach *by Lakshmi Subramani, Program Assistant*

Developing relationships with farmworker employers is an important outreach strategy for your organization to consider when serving farmworkers and their families. Oftentimes, employers have pre-existing relationships with farmworker employees; these relationships can be leveraged by your health center as a great means to expand your reach to the farmworker community and thereby increase farmworkers' access to care. There are many advantages for collaborating with a grower, including increased opportunities for work-site specific outreach activities, and acquiring valuable information on the local farmworker population, while developing relationships between your organization and the farmworker population.

To build strong relationships with employers, it is important to determine whom to contact. Make sure

you understand the dynamics that exist within your local employers' community so you do not unintentionally approach or attempt to collaborate with the wrong person. During this investigation process, remember to check the chain of command. Decision-making parameters within a farmworker employer community vary from location to location. Some employers may be very hands-on and involved while others may rely on labor contractors and crew leaders to handle employee-related issues. Once appropriate employers have been identified, inform them of your organization's desire to work collaboratively with them to improve the health of the farmworker population. Keep in mind that not all employers may want to collaborate with you. Remember, relationship building takes time, patience, and persistence.

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Many are afraid to leave their homes to get groceries due to fear of deportation, let alone make a trip to a health center or emergency room. It is with this enormous barrier to care in mind that outreach comes to the rescue again! In a hostile environment where farmworkers hesitate to go anywhere, outreach connects them to the services they need and helps calm their fears. Outreach workers are on the frontlines where farmworkers live, work, and congregate, and can link them to medical care, as well as dispel myths about any rumored health center connections to *la migra*.

After witnessing this fear first hand in Arizona, I felt compelled to consult with some migrant health experts to learn more about how outreach programs can help. All agreed that this climate of fear makes it more difficult to reach out to farmworkers who may not want to be found. Building trust has always been a crucial part of outreach, but right now it is invaluable. Cultivating this *confianza* can be difficult, so they suggested the following helpful strategies.

Strategies

1. Be visible! Wear a t-shirt with your organization's name/logo instead of a suit (which might make you look like an ICE agent). Also, make sure your vehicle has your organization's name in large lettering with "For Official Use Only." This helped us through the border checkpoint, and can also alleviate farmworkers' hesitation.

2. Communicate that you can provide health services regardless of legal status, and that you will not report them to government authorities.

As always, word-of-mouth is one of the best inroads to build *confianza*. The relationships you cultivate will encourage other farmworkers to trust you as well.

3. Be the best outreach worker you can be. Go into the field and talk about what you and your organization have to offer as frequently as possible; this will show that your intentions are good. Your day-to-day job functions, like bridging the language barrier and providing transportation (since many will not drive and risk being stopped), become even more important.

4. Work with trusted organizations. Allying your program with Migrant Education, Migrant and Seasonal Head Start agencies, churches, and other organizations that already have been established as trustworthy in the farmworker community, will offer credibility to your organization.

5. Speak out! If xenophobia among the general public is a barrier, be a broker of understanding. Whether in casual conversation with a neighbor, or

speaking at a public forum, you can help humanize the issues without fueling hostility by giving your perspective on the anti-immigrant climate.

You may think your community is dealing with this crisis alone, but it is not. So many states are the battlegrounds for this conflict, and each case is different. The team of experts recommended turning to the following resources.

Resources

Federal - If an ICE agent comes into your health center, you *generally* do not need to give any legal status information on patients (but it is always better to not have such information to give; i.e. "don't ask, don't tell"). Farmworker Justice (www.fwjjustice.org) is a good resource on HIPAA and BPHC mandates.

State - Local migrant legal services provide current, free information on the changing circumstances in your area. Farmworker Justice (www.fwjjustice.org) can locate the appropriate legal services agency to contact. State immigration advocacy organizations also have updated information on new legislation. Your state or region's Primary Care Association can also help; some even have legal specialists on staff.

Local - Ask your supervisor for your organization's official policy around serving and transporting undocumented patients. Read the newspaper to stay informed of local ordinances and your community's stance on immigrant issues. Network with other organizations; join Migrant Health Promotion's Immigration News listerv at http://groups.yahoo.com/group/MHP_ImmigrationNews/.

Special thanks to Carolyn Davis, FNP, Beaufort-Jasper-Hampton Comprehensive Health Services, Inc.; Shelby Davis, Deputy Dir., Farmworker Justice; Erin Sologastoa, Dir. of Community Development, FACHC; and Mitch Garcia, Dir. of Farmworker Services, Valley-Wide Health Systems, Inc. for your contributions.

(Endnotes)

¹ Trac Immigration: Surge in Immigration Prosecutions Continues. <http://trac.syr.edu/immigration>

² The Nation. "Juan Crow in Georgia."

<http://www.thenation.com/doc/20080526/lovato>

³ NY Times. "States Take New Tack on Illegal Immigration." <http://www.nytimes.com>

⁴ Findings from the National Agricultural Workers Survey (NAWS 2001-2002). US Department of Labor, Washington DC. March. 2005.

Collaborating with Farmworker Employers *Continued from Page 1*

Pre-/Post-Season Collaboration Strategies

When planning your collaboration efforts with local employers, try contacting them at the beginning of every season to remind them about the services available at your health center. If time and/or resources permit, conduct a pre-/post-season survey of your area employers to learn about their perceptions of farmworker health issues, farmworker housing locations, recruitment strategies, percentage of returning farmworkers, and how employers prefer to be approached by the health center. A pre-season meeting with area employers and other community partners could be organized to exchange ideas about the best way to coordinate or bring services directly to the farms. A follow-up post-season meeting with the same employers can enable you to evaluate what health topics or outreach activities worked (or did not work) during the season and make recommendations for the following season.

To access additional information on collaborating with farmworker employers, visit FHSI's website and access our Innovative Outreach Practices Database at www.farmworkerhealth.org/iopr.html and click on "Collaboration: Grower." Contact FHSI for examples of grower surveys or other ideas on how to collaborate with farmworker employers.



Photos courtesy of FHSI

Simple Employer Collaboration Strategies to Consider Throughout the Year

Listed below are some simple strategies you may want to consider for collaborating with farmworker employers. The key is to find creative ways that work well for both your health center and the farmworker employers. Most importantly, these strategies should still cater to your farmworker needs.

- Create welcome packets for new workers at the start of each season.
- Build a resource sheet of local health and social services available for farmworkers and their families for employers to use throughout the season.
- Invite employers to be part of a planning committee for local farmworker cultural/seasonal events such as *Cinco de Mayo* or annual harvest festivals.
- Partner with employers to sponsor a local soccer league/team for the farmworker community.
- Collaborate with employers to provide urgent care services for farmworkers injured on the job.
- Offer health education courses on occupational safety topics such as preventing heat stroke, insect bites/stings, and pesticides. Please note that in some states, employers may be mandated to provide pesticide education courses. You can offer to provide their required pesticide education courses in exchange for the opportunity to provide health education on other topics.
- Provide incentives (such as certificates of appreciation) to employers for allowing you to conduct outreach, health education, and/or clinical visits on-site.
- Invite employers to be part of a farmworker coalition in your community.
- Work with employers to include health center announcements with farmworker pay stubs.

OutReach® is a publication of Farmworker Health Services, Inc. made possible through funding from the Bureau of Primary Health Care, Health Resources and Services Administration, U.S. Department of Health and Human Services (BPHC/HRSA/DHHS). The opinions expressed within do not necessarily reflect the position of FHSI, BPHC/HRSA/DHHS, or any agency of the federal government.

Safety Beyond Seat Belts: Essential Considerations for Multi-Passenger Vehicle Transportation for Farmworkers

By Heather Gardner, Project Manager

Providing safe transportation services to farmworkers and their families involves more than functional seat belts and adept driving skills. Over the past year, Farmworker Health Services, Inc. (FHSI) has made an organizational commitment to learning more about the nuances of this critical enabling service, including key safety issues. Based on the findings from various activities like individual interviews with health center staff, a Peer-to-Peer national conference call, and an Outreach Roundtable conference session, we distilled 10 key safety considerations to review when establishing or evaluating your transportation services for farmworkers and their families. Nationally, health organizations employ a variety of approaches to transportation; one common model is the multi-passenger van or vehicle. The considerations presented here are specific to this approach, but you will most likely find that they are relevant to other models as well. Additionally, this list highlights safety considerations but is not intended to be used as an exhaustive check list of every possible safety tip.



Photo courtesy of Carolyn Davis of Beaufort-Jasper-Hampton Comprehensive Health Service, Inc.

Emergency Protocols and Equipment: organizations need to document and train transportation staff on emergency protocols about how to handle emergency situations. If the protocol indicates using a cell phone, make sure to address the possibility of limited coverage in rural areas. Staff also need to know what types of patient cases should not be transported by an organization vehicle but instead demand ambulance services or another emergency transport system. One health center reported a driver was to contact a specific provider if a patient's health condition was at all questionable. Additionally, consider physical emergency/safety equipment such as reverse beepers, fire extinguishers, first aid kits, and reflective triangles.

Culturally and Linguistically Competent Staff:

Cultural and linguistic competency skills of the driver or a staff person accompanying the driver are critical components to safe transportation services. Staff and patients will need to be able to communicate about any issues that may arise before, during, or at the end of the trip. For example, a patient may want to communicate to the driver their wishes to be accompanied by a family member or they may need to express a concern about a health condition; on the other hand, a driver will need to explain safety rules and drop-off and pick-up procedures. One organization highlighted bilingual language skills as a requirement for their driver job description.

Simple greetings or small talk may also help create a comfortable environment for what may be a patient's first experience obtaining formal health services in the U.S. Also, it is important to be sensitive to gender issues or other considerations. Be mindful of mixed-gender scenarios; for example, a female patient riding alone with a male driver may be frowned upon.

Liability: Insurance coverage for the driver, passengers, and other damages is a major financial and safety consideration for organizations. One health center identified a broker with extensive experience serving the nonprofit community and found their options to be very comprehensive and appropriate for their budget. Additionally, health organizations need to consider the liabilities associated with transporting a sick patient that may infect other passengers.

Age-Appropriate Seats and Disabled Access:

Vehicles must be equipped with height- and weight-appropriate child safety restraint systems (such as a car and booster seat) that have been appropriately installed. Send staff to a baby seat safety course to ensure proper training. Make sure to address other issues of access including considerations for disabled passengers or those using a wheelchair. Consult state laws when necessary.

External Signage on the Vehicle: Signage on the vehicle should include the health organization name as well as a "for official use only" notice. One health center commented that this information not only adds credibility to your transportation services, but protects potentially undocumented patients from any spontaneous inspections by immigration officials (a practice occurring in some states).

General Transportation Protocols: Formalize safety transportation protocols consistent with the format of

other organization guidelines. Specify regulations that address such topics as the following:

- The geographic scope of transportation services;
- Emergency transportation plan;
- Required medical records or necessary paperwork of patients being transported to and from the health center and/or other facilities (i.e. list of medications, proof of income, etc.);
- Scheduling and communication guidelines for arranging transportation and informing patients;
- Seat belt rules and other safety equipment;
- Food, smoking, or drinking guidelines;
- Documentation rules for the driver, such as keeping up-to-date transportation and vehicle inspection logs;
- Mask rules when patients are very ill and required to wear them;
- Cleaning and maintenance of vehicle.



Photo courtesy of United Health Centers of the San Joaquin Valley

State Transportation Laws: Check state and federal transportation safety laws to ensure that your transportation system complies with guidelines. Laws may also exist regarding drug testing and driving record background checks for potential driver prior to hire.

Maintenance Procedures: Schedule maintenance of the vehicle including oil changes, tire tread wear, and other maintenance inspections. Remember to address DMV registration fees and tests. Keep the vehicle clean by vacuuming, washing, and deodorizing. Document safety procedures in a log used to record vehicle inspections, maintenance, and usage.

Communication: Drivers should be equipped with cell phones for work use. Be sure to include a headset to ensure the driver does not have to hold the phone while driving. This is required by law by some states. Make sure emergency safety phone numbers are programmed into the phone and the cell number is included on the organization's phone number directory. As part of the drivers' training, discuss ways to address communication issues when reception is not available.

Road and Street Conditions: Providing transportation to farmworker-specific locations can entail driv-

ing on unpaved roads or rural highways that are not regularly maintained. Consider the following questions: 1) What is the condition of the access roads to farmworker camps/work sites? 2) How close are streets or highways to farmworker pick-up locations? 3) Are there any pending projects for highway construction? 4) Are there any dangerous intersections or roads that should be avoided when planning possible routes? Answering these questions could allow you plan your transportation services, including determining best routes, setting expectations for how many patients you can realistically transport within a given timeframe, and identifying appropriate pick-up/drop-off locations.

FHSI recognizes that establishing a transportation model is a complex process requiring planning and creative strategies for funding. FHSI is here for technical assistance on planning, implementing, or improving your organization's patient transportation system. We can provide you with additional information and resources on the following topics:

- Community assessment for transportation;
- Types of transportation models;
- Transportation protocols;
- True costs of transportation;
- Documentation systems for logging transportation program operations;
- Fundraising to support transportation programs.

Additionally, FHSI recently hosted a national peer-to-peer conference call with four representatives from farmworker-serving organizations from around the country on health delivery system transportation options. This call offered migrant professionals with the opportunity to learn more about successful transportation models that are helping to improve access to care for farmworker communities. To access a recording of this call please visit our website at: www.farmworkerhealth.org.

Additional Resource

Transportation PathFinder is a new web resource located within the Early Childhood Learning and Knowledge Center designed to provide laws, regulations, guidance, and resources to improve the quality of childhood transportation services. This resource assists Head Start agencies and their transportation providers to comply with transportation safety requirements. It maintains practical resources for health organizations providing transportation to farmworkers as well.

[http://eclkc.ohs.acf.hhs.gov/hslc/Program %20 Design%20and%20Management/Transportation/ Transportation%20PathFinder](http://eclkc.ohs.acf.hhs.gov/hslc/Program%20Design%20and%20Management/Transportation/Transportation%20PathFinder)

Sexual Health Education Recipe: Fruity Fun!

by Heather Gardner, Project Manager

This recipe is featured in FHST's new Outreach Reference Manual Health Education Chapter. The recipe was slightly modified for inclusion in this newsletter. To access the more detailed version of this activity as well as other health education activities, please visit www.farmworkerhealth.org. This activity adheres to standard adult and health education principles.

Goal: To prevent the transmission of Sexually Transmitted Infections (STIs) among farmworkers and their families.

Activity Objective: At least 80% of the participants will be able to recognize at least three general symptoms of STIs and demonstrate the steps for proper condom use.

Materials: Flip chart paper, markers, condoms for all participants, bananas, cucumbers, or zucchinis for all participants

Time: 30 minutes

Target Audience: Farmworker adults and teens

Background Information: Please visit www.farmworkerhealth.org to access the corresponding fact sheet that accompanies this activity.

Activity Guidelines:

1) Introduce the topic

Explain that both the facilitator and the participants will be working together.

2) Facilitate an open discussion

Have participants volunteer the names of different STIs. Ask participants to share something they know about STIs in general or any of the specific STIs mentioned.

3) Discuss symptoms of STIs

Ask participants to share possible symptoms of STIs. Urge participants to pay close attention as they will be challenged to remember some symptoms in a few moments. Include any important symptoms that have been omitted. Also, be sure to mention that some STIs often have NO symptoms at all. Emphasize the importance of getting tested for STIs.

4) Challenge participants to recall STI symptoms

Cover up the flip chart with paper and ask the participants to share as many of the symptoms as they can remember.

5) Demonstrate the appropriate way to put on a condom

Explain that condoms do not provide 100% protection from STIs, particularly for diseases such as venereal warts or herpes where lesions (sores) may not be covered. Condoms, however, remain the best defense against STIs for people who are sexually active. *When used correctly*, they have a very high success rate, are relatively easy to use and access, and are becoming more and more accepted. Review the correct steps for appropriately applying and removing a condom, using a banana, cucumber, or zucchini to demonstrate.

If time permits, pass out bananas to all participants and have them practice the steps. Watch to make sure that all participants use the correct techniques. Recognize that some participants may be uncomfortable with this step.

6) Conclude the session

Review the facts that you noted on the flip chart. Thank participants for their time and contributions. Whenever possible, distribute condoms to participants.

Suggested Evaluation Technique:

During Step 5, watch carefully while the farmworkers practice putting on their condoms with bananas. To evaluate, make it a game. The first time, have the participants do it while looking at the condom and the banana. Be sure to critique the techniques used. The second time, have the participants do it with their eyes shut or wearing a bandana. Mention how this would be similar to putting on a condom in the dark. Mentally note participants who had trouble the first time and note how they do the second time. Has their technique improved?



Outreach-Centered Health Education Activities

by Adam Sharma, Director of Marketing and Information Services

FHSI is pleased to present 14 outreach-centered health education recipes that fall into four general topic areas: Mental/Behavioral Health, Nutrition, Occupational Health, and Sexual Health. These recipes address specific farmworker health and safety topics within the general topic; specific topics include: pesticide exposure, heat stress, diabetes and obesity, stress, STIs, and family communication about sexuality. All of these health education recipes and other health education resources are available on FHSI's website: www.farmworkerhealth.org.

One of FHSI's primary purposes for compiling these new health education recipes is to equip outreach staff and health educators with field-tested educational tools. These resources should encourage farmworkers to take a more active role in maintaining their health and make smarter lifestyle choices for leading a healthy life. The recipes and health education materials are designed to supplement your outreach program's existing health education efforts. Additionally, the health education recipes serve as examples of an outreach-centered health education curriculum that can be implemented and facilitated by outreach staff to reach farmworkers during outreach-specific situations.

Methodology

The four general health education topic areas were identified based on findings from FHSI's 2005-2006 *National Needs Assessment of Farmworker-Serving Health Organizations*. Additional anecdotal information was collected through interactions with nationwide farmworker-serving organizations. FHSI recruited an advisory council comprised of migrant health leaders who contributed their perspective and deemed the identified health education topics as a priority for farmworkers. Each council member provided their expert opinion about specific areas that should be emphasized in the health education recipes. Based on this information, FHSI collected recipes from organizations that conduct health education with farmworker populations in outreach settings. Some recipes were modified as necessary to fit FHSI's format included in this new resource.

What Is Included in FHSI's New Health Education Resource?

FHSI's new health education recipes were designed to provide outreach staff with a set of hands-on, practical health education activities that can readily be used among diverse farmworker audiences. There are three major sections included in this health education resource available at www.farmworkerhealth.org.

Quick & Easy Health Education Tools

The health education tools include ideas for low-cost incentives and activities for breaking the ice, dividing groups into pairs/teams, and evaluation. While these tools can be used to help facilitate delivery of the new health education recipes, they can also be adapted to use with other health education lesson plans.

Health Education Recipes

This section provides a set of hands-on, practical health education activities to be used among farmworker audiences. This section includes recipes with step-by-step instructions about how to implement a 30-60 minute health education session. Each of these health education recipes have been proven successful with farmworkers in an outreach setting.

Information Sheets

The information sheets provide helpful background information about the specific topics addressed in the health education recipes. These sheets are not a comprehensive summary of all there is to know about a health topic; rather, they encapsulate key information relevant to the health education recipes corresponding to that topic.

Check out these Health Education Recipes at www.farmworkerhealth.org



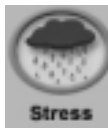
Body Mapping
How Do Pesticides Enter the Body?
Drawing Pesticide Solutions



Help a Friend!
Heat Safety Cards



Physical Activity Paper Ball Game
Lower Trans Fats
Portion Control



Managing Stress Activity
Coping with Culture Shock



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Signature Hunt



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