

Quick Reference

The 5 Rs of Cultural Humility

Reflection – approach every encounter with humility and the understanding that you can learn something from every encounter

Respect – treat every person with the utmost respect and strive to preserve dignity at all times

Regard – hold every person in their highest regard while being aware of and not allowing unconscious biases to interfere in any interaction

Relevance – expect cultural humility to be relevant for you in every interaction

Resiliency – consider how the practice of cultural humility can enhance your personal resiliency

Cultural Humility

- ✚ Self-Reflection and Self-Critique
- ✚ Confront Imbalances
- ✚ Develop Partnerships

Family Support Worker Scope of Practice

- Culturally humble approach
- Trauma-informed, parent-focused, strength-based and individualized care
- Connect to resources for housing, food, medical and dental homes, prenatal care, mental health services, public benefits, language interpretation, early child education
- Connect to immigration support services, as needed
- Help families develop an emergency plan in case of an immigration raid
- Talk to your supervisor about your agency's policies and procedures related to immigration issues

Immigrants in the United States

- ✚ 13.5 % of U.S. population are immigrants
- ✚ One in four children have immigrant parents
- ✚ More than 460 languages spoken
- ✚ Come to reunite with family members, search for work, escape violence, or to flee from environmental disasters
- ✚ Families come to give their children a better economic standard of living, access to health care, a safe living environment and education and employment opportunities