



# Utah's Ukrainian Resource Guide:

How to Navigate Systems and Services for Ukrainian Humanitarian Parolees and Sponsors



## Health Screenings, TB Tests & Vaccines



### Health Screening

Ukrainian Humanitarian Parolees (UHPs) are eligible to schedule a comprehensive Refugee Domestic Health Screening with one of our refugee health screening clinics:

- **Health Clinics of Utah**  
168 N 1950 W, Salt Lake City, UT 84116  
(801) 715-3500  
*Appointments available for UHPs*
- **St. Mark's Family Medicine**  
1250 E 3900 S #260 Salt Lake City, UT 84124  
(801) 265-2000  
*Appointment availability varies, call to request appointment*



**TB tests and any required vaccinations will be completed at the appointment.**

- Prior to health screening, please ensure the UHP has applied for retroactive Medicaid. Application instructions are on page 2.
- When calling to make a health screening appointment, be sure to say you need to schedule a "Refugee Health Screening" for a "Ukrainian Humanitarian Parolee."
- Be sure to mention interpretation needs for the appointment.
- As a sponsor, please support the UHP in connecting with all follow-up care or referrals made at the appointment with an approved Medicaid provider.



**WORKFORCE SERVICES**  
REFUGEE SERVICES

## TB Tests & Vaccines

- **Alternatively**, UHPs may go to a local health department or health clinic for the required TB screening and vaccines.

More specific information on Required Vaccine & TB Screening Attestions for UHPs may be found on the [USCIS website](#).

All UHPs are required to attest to the following:

- TB screening attestation must be completed within 90 days of US arrival. This should be done as part of the Refugee Domestic Health Screening, at a local health department, or a local Primary Care provider.
  - ✓ Salt Lake County Health Department  
610 South 200 East  
Suite 2103 (Second floor, right off the elevator)  
Salt Lake City, UT  
Open on M-F, 8am-5pm  
Call for an appointment/questions:  
(385) 468-4222
- Some financial assistance is available on a case-by-case basis or you can pay out of pocket. TB screenings at the Salt Lake County Health Department are unable to be paid via Medicaid at this time, but they are actively exploring this option.

- Other local health department contact information may be found [here](#).
- For more community-based health clinics throughout Utah, please find information on this [interactive map](#).
- **Vaccines** – some must be completed within 90 days after arrival if not already received overseas:
  - ✓ Measles vaccine
  - ✓ Polio vaccine
  - ✓ COVID-19 vaccine

If in need of vaccines, these can be provided at Refugee Domestic Health Screening or at an area immunization clinic in Salt Lake Valley – more information may be found [here](#).

- Note: one immunization clinic is located downstairs of the Salt Lake County health department building
- Walk-ins or appointments allowed
- Vaccinations CAN be billed through Medicaid/insurance

## Additional Resources/Medicaid

- **Again, please ensure UHPs and all family members apply for Retroactive Medicaid immediately upon arrival into Utah.**
- More information about UHP Medicaid Eligibility may be found [here](#).
- For UHPs residing outside of Salt Lake County, we are still in the process of educating staff and finding the right contacts at local health departments. More information to come.
- For a list of local health departments in Utah, please go [here](#).
- For a list of community-based health clinics throughout Utah, please use this [interactive map](#).
- If you have additional questions, please contact Sarah Bates, Refugee Health Screening Coordinator at Utah Department of Health and Human Services, [sbates@utah.gov](mailto:sbates@utah.gov).

# Mental Health Services



Transition to life in the United States is difficult for most refugees, immigrants or parolees. Many will experience distress (e.g. feelings of anxiety and sadness, hopelessness, difficulty sleeping, fatigue, irritability, anger and/or aches and pains). For most people, these reactions will improve over time.

Clinical agencies in Utah that specialize in refugee mental health and the treatment options offered are listed below.

## Asian Association of Utah (AAU)

AAU works with clients with adjustment disorders, depression, anxiety, post-traumatic stress disorder, severe chronic illness, etc. AAU also provides counseling to survivors and perpetrators of domestic violence. Services include:

- Outpatient mental health, substance use, and domestic violence services
- Qualified clinical support using evidence-based methods
- Language interpreting services
- Individual and group psychotherapy
- Individualized case management
- Medication management

**To contact AAU**, call (801) 467-6060 and provide the following information:

- Age, gender, ethnicity, country of origin, language
- Client contact information: address, phone number
- Interpretation needs
- Transportation needs

## Utah Health and Human Rights (UHHR)

UHHR is the only organization in Utah to provide co-located and highly specialized mental health, medical, legal and case management services to

refugees and asylum seekers who have survived torture and severe war trauma. Services include:

- Individual psychotherapy
- Group psychotherapy and psychoeducation
- In-house psychiatric clinic
- Medical assessment and advocacy
- Case management
- Legal representation for torture survivors seeking asylum

**To contact UHHR**, provide the following information via the [referral form](#):

- Age, gender, ethnicity, country of origin, language
- Client contact information: address, phone number
- Interpretation needs
- Transportation needs

## Additional Support for Mental Health in Utah

- **Call 988:** This new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support is available for anyone experiencing mental health-related distress—whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.
- **Crisis Line: University of Utah Crisis Line:** 801-587-3000
- **Mobile Crisis: University of Utah Crisis:** 1-800-273-8255

## Employment Authorization



Ukrainian Humanitarian Parolees are eligible to work in the United States. However, unlike those with refugee status, they do not arrive in the U.S. with work authorization. They must apply after being paroled into the country. UHPs may not work until they have received their I-765 (Employment Authorization Document). The Refugee Services Office (RSO) can provide a letter for UHPs to provide employers explaining that they are authorized to work in the U.S. if there are concerns about legal status.

- **I-765 application for an EAD card:** UHPs need to file an I-765 with the code C11.
  - ✓ If USCIS approves the Form I-765, they will mail the work permit (EAD) to the address on file. Beneficiaries who move must notify USCIS of their new address within 10 days using the USCIS Change of Address system to avoid any delayed receiving documents.  
<https://www.uscis.gov/ukraine>

U.S. Citizenship and Immigration Services (USCIS) is currently working on streamlining the process to reduce wait times for Employment Authorization Documents (EADs) from months to weeks. The current wait time is approximately two months.

The filing fee is \$410. There is a form to waive the fee for specific circumstances.

- **Social Security card**
  - ✓ UHPs are eligible for social security numbers. They can request this as part of the I-765 application for an EAD card.
  - ✓ If a non-work social security number is required to enroll in public benefits or for another reason in advance of receiving work authorization, a letter can be provided by Workforce Services to take to the Social Security Administration office.
  - ✓ Learn requirements here: <https://www.ssa.gov/ssnumber/ss5doc.htm#work2>

## Supportive Services & Grants



### Department of Workforce Services Supportive Services

#### Benefits include:

- [SNAP \(Supplemental Nutrition Assistance Program\)](#)
- [Medicaid](#)
- [Financial](#)
- [Child Care](#)
- [Refugee Cash Assistance](#)

RSO provides a step-by-step overview of the process to apply for these temporary services. You can find the eligibility requirements for each program, how to use benefits, and policy manuals

for each program by visiting [jobs.utah.gov](https://jobs.utah.gov).

To apply for benefits, visit: [jobs.utah.gov/mycase](https://jobs.utah.gov/mycase).

RSO also has employment services, community support and other services. For more information, or for assistance applying for public benefits, visit the Refugee Services Office:

150 North 1950 West, Salt Lake City, Utah 84116  
or call 801-618-5096.

Applying for public benefits will not affect immigration status or ability to gain permanent resident status in the future.

## Match Grant

Match Grant is an alternative to public cash assistance operated by the resettlement agencies [Catholic Community Services \(CCS\)](#) and [International Rescue Committee \(IRC\)](#). This is a

180-day employment-focused program that aims for new arrivals to become economically self-sufficient as soon as possible. Services include case management, financial assistance and employment services.

## School and Daycare Enrollment/Child Care



### School enrollment

All children in the U.S. are entitled to equal access to a public elementary and secondary education, regardless of their or their parents' national origin, citizenship or immigration status.

Enrollment in public schools will be based on where the family is living. Contact the individual school to determine what information is needed to enroll.

### School vaccinations

Connect with the local school and an area primary care provider (PCP) to determine needed vaccines for school-aged children.

[Search for a licensed child care provider near you.](#)

Head Start is a free public preschool for children ages 0-5. Application is required.

[Utah Head Start Association](#)

# English Classes (ESL)



## Granite Peaks Learning Center

- Classes are offered online and in-person, daytime and evenings
- Open enrollment; please visit the website for registration information
- Registration and tuition fees should be waived with an I-94 showing Ukrainian Humanitarian Parolee status and a letter from Workforce Services.
- 501 East 3900 South, Salt Lake City, UT 84107
- (385) 646-5447

## Horizonte

- In-person and online classes at all levels in Salt Lake City (1234 South Main Street)  
Registration and appointment required; contact [andrea.carbine@slcschools.org](mailto:andrea.carbine@slcschools.org) and mention a Workforce Services referral.

## English Skills Learning Center

- Interested students should fill out [an online interest form](#) and someone will contact them to register.
- Classes are offered around the Salt Lake area at a variety of days and times.

## Guadalupe School

- Free classes are offered with a commitment of two days a week
- Transportation and child care can be provided  
Contact Kate Brainerd at (801) 531-6100 ext. 102, or [kate.brainerd@guadschool.org](mailto:kate.brainerd@guadschool.org).

## Asian Association of Utah – Refugee & Immigrant Center

- Free, in-person classes in downtown Salt Lake City (155 South 300 West Suite 101)
- Open enrollment  
Contact Sheri Bodily at (801) 706-7566 or [sherib@aau-slc.org](mailto:sherib@aau-slc.org)

## Entrada Adult High School

- In-person classes Monday to Thursdays in Sandy, Utah
- No childcare
- Contact Workforce Services for tuition waiver information
- Registration required; call (801) 826-6675

## Utah Community Action

- Morning and evening classes with childcare on-site
- [Apply online](#)

## South Pointe Adult High School

- Evening classes two-days per week in South Jordan (South Pointe High School located on the SLCC South Jordan campus)
- Registration required and students may only enter at the beginning of a 12-week session
- Contact Workforce Services for tuition waiver information  
Contact Connie Strang at (801) 256-5954 or [connie.strang@jordandistrict.org](mailto:connie.strang@jordandistrict.org) to register.

# Immigration Assistance



A variety of free or low-cost legal services are available in Utah, which can help with applications for Employment Authorization, extension of Humanitarian Parole, applications for Temporary Protected Status (TPS) or Asylum, etc.

## **Catholic Community Services** (Salt Lake City and Ogden)

- Immigration consultations are available by appointment Monday–Friday. To schedule at the Salt Lake City Office, please call (801) 977-9119. To schedule at the Ogden office, call (801) 428-1259.

## **Rose Park Neighborhood Center** (Salt Lake City)

- There is a free immigration clinic on the first Thursday of each month from 5 to 7 p.m. at the Rose Park Neighborhood Center, in association with the Good Samaritan Foundation and No More a Stranger Foundation. Walk-ins are welcome but appointments are recommended.

## **Utah Immigration Collaborative**

- This is a phone helpline available for free legal assistance to low-income refugees, asylees, immigrants and other forcibly displaced persons living in Utah. Please call (801) 382-9027. The line is staffed Monday–Thursday, 9 a.m.–6 p.m. Voicemails received outside of business hours will be responded to the next business day.

## **Holy Cross Ministries** (Salt Lake City)

- Low-cost and no-cost legal immigration services are offered by appointment only at Holy Cross Ministries office in Salt Lake City (860 East 4500 South, Suite 204). To schedule an appointment, call (801) 261-3440. Please leave a voicemail with name, phone number and reason for calling.

## **BYU Community Legal Clinic** (Provo and Virtual)

- The BYU Community Legal Clinic is run by law professors and law students at BYU Law School. It is held 5-7 p.m. on Thursdays. Walk-ins are welcome, but appointments are recommended. Email [communitylegalclinic@law.byu.edu](mailto:communitylegalclinic@law.byu.edu) to schedule an appointment or call (801) 297-7049 during business hours. Due to COVID-19, the clinic may be held remotely via Zoom. The clinic can be closed during BYU school breaks, but is generally open during the summer.

## **University of Utah S. J. Quinney College of Law** (Salt Lake City and Virtual)

- The Pro Bono Initiative is a volunteer program for law students and attorney supervisors. They offer free immigration legal advice. Call (801) 581-5418, email [probono@law.utah.edu](mailto:probono@law.utah.edu) or schedule an appointment online. There are online Zoom appointments the first Tuesday and second Thursday of each month from 5 to 7 p.m. There are in-person appointments from 5 to 7 p.m. on the third Thursday of each month at the UNP Hartland Partnership Center (1578 West 1700 South, Salt Lake City).

## **Timpanogos Legal Center** (Provo)

- Immigration law attorneys are available on the first and third Tuesdays of each month. Clients are seen on a first-come, first-serve basis and no appointment is necessary. The clinic is held from 5 to 8 p.m. at the Utah County Health and Justice Building (151 S. University Avenue, Provo, UT 84601). They also operate a free legal hotline from 9 a.m. to 2 p.m. Monday - Friday at (801) 649-8895 or email at [TLCinfo@timlegal.org](mailto:TLCinfo@timlegal.org). Please indicate in the voicemail that it is safe to call back as many of their clients are experiencing domestic violence.

## Other Resources



### SixFifty

- Free online tools for Ukrainians to apply for Temporary Protected Status, Work Authorization and Asylum. The tool is available in English and Ukrainian. Support

for other countries and other languages will be added at a later time. Visit [sixfifty.com/Ukraine](https://sixfifty.com/Ukraine).

- **Temporary Protected Status & Asylum**  
[sixfifty.com/probono/ukraine/](https://sixfifty.com/probono/ukraine/)

- **Sponsor Application & FAQ**  
[ukraine.welcome.us/faq](https://ukraine.welcome.us/faq)

- **ORR Ukraine Benefits Fact Sheet**  
[acf.hhs.gov/orr/fact-sheet/benefits-ukrainian-humanitarian-parolees](https://acf.hhs.gov/orr/fact-sheet/benefits-ukrainian-humanitarian-parolees)

- **Hello Landlord**

Free online tools that help renters write a letter or email to their landlord. Renters can write letters to help avoid eviction or to request repairs to their apartment

- **Utah Ukrainian Association**  
[una@utahukrainians.org](mailto:una@utahukrainians.org)

- **Utah Ukrainian Community**  
[Facebook.com/loveukrainians](https://Facebook.com/loveukrainians)

- **Know Your Neighbor (Volunteers)**  
Gerald Brown, 801-703-4845 or [geraldbrown@utah.gov](mailto:geraldbrown@utah.gov)



Contact Oksana Omel, RSO Refugee Community Specialist, at [oomel@utah.gov](mailto:oomel@utah.gov) or (435) 553-8473.

More information about Ukrainian Resettlement is at [refugee.utah.gov](https://refugee.utah.gov).