

June 10, 2024

Digital Inclusion & Mental Health Micro-Learning Series

Supporting Afghan Newcomers

switchboard
connecting resettlement experts





Micro-Learning Contributors



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Micro-Learning Series: Session Dates and Times



1

June 10, 2024

12:30 – 12:45 PM ET

2

June 17, 2024

12:30 – 12:45 PM ET

3

June 24, 2024

12:30 – 12:45 PM ET

4

July 8, 2024

12:30 – 12:45 PM ET

5

July 15, 2024

12:30 – 12:45 PM ET

6

July 22, 2024

12:30 – 12:45 PM ET



Disclaimer

- This presentation will introduce technology as a **complimentary tool** in mental health services.
- This presentation will focus on technologies that have **realistic accessibility rates** in the realm of resettlement.



Culture Shock

June 10, 2024

Learning Objectives



By the end of this session, you will be able to:

1

Recognize

common mental health concerns
Afghan families encounter at different
stages of their resettlement journey

2

Identify

ways to integrate technological tools
and resources in supporting Afghan
newcomers seeking mental, social,
and emotional health services



Meet Masoud



- We will watch a five-minute animation of Masoud at the start of his resettlement journey.
- His concerns will center around culture shock, and he will look for ways to cope using technology.
- Questions submitted in the Q&A box will be discussed after the animation.
- Recommended Resources will be shared.



slido



How does Masoud's use of technology effectively support his experience coping with culture shock?

ⓘ Start presenting to display the poll results on this slide.

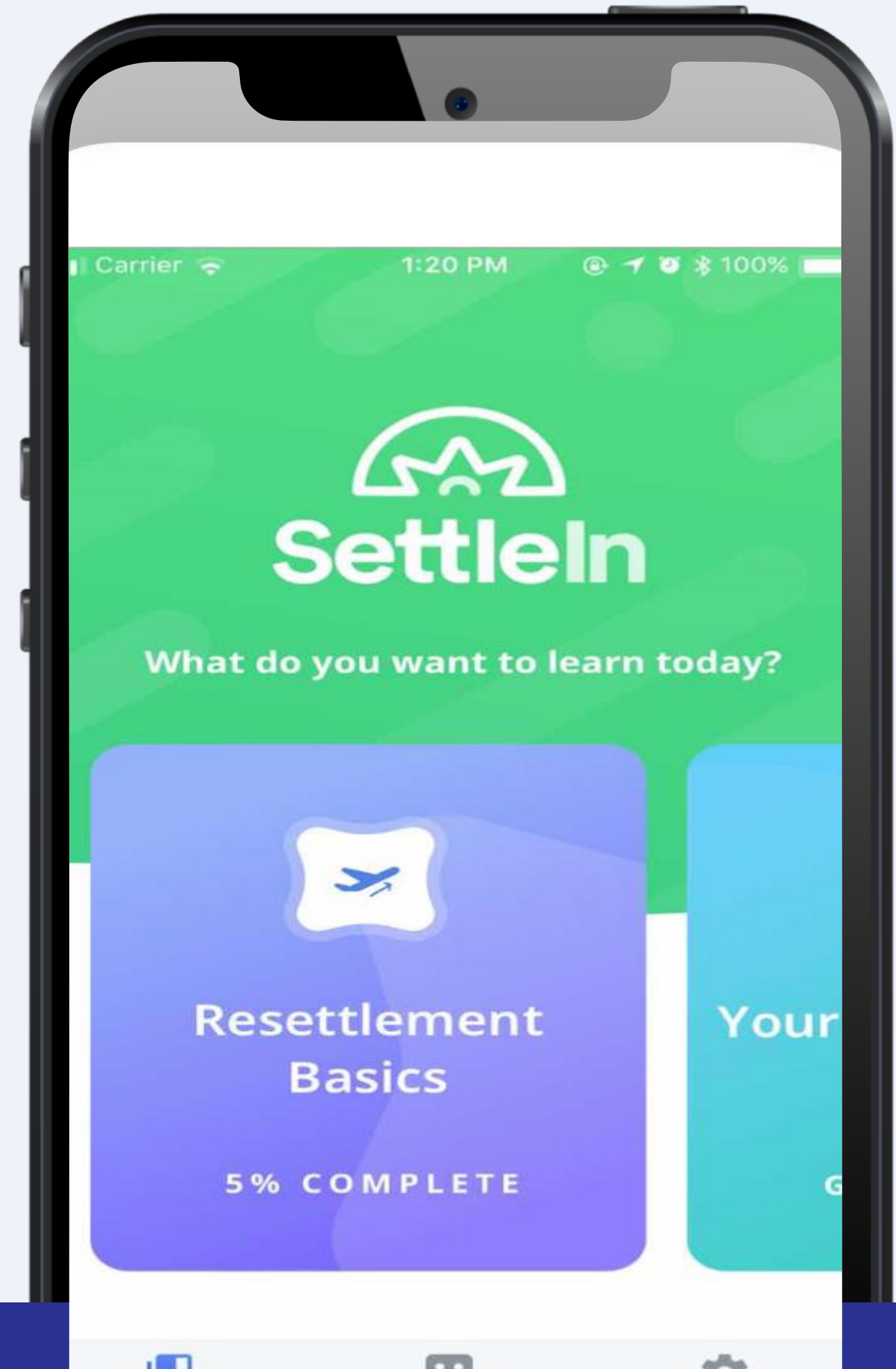


Action Steps

- Curate a list of online communities and local resources.
- Promote connections among clients through online communities.
- Create online communities if none exist in your area of service.
- Connect clients to community-based organizations.

Recommended Resources

- IRC Digital Community: [Afghan Facebook](#) the Cultural Orientation Resource Exchange (CORE)
- App: [SettleIn](#) CORE
- Tip Sheet: [Broadening Scope As An Ethnic Community-Based Organizations \(ECBO\) Project SOAR](#)



Learning Objectives



Now you are able to:

1

Recognize

common mental health concerns Afghan families encounter at different stages of their resettlement journey

2

Identify

ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services



Questions?

Type your question in the **Q&A**

Click **thumbs-up**  to vote for others' questions



Help us help you!

Scan the QR code or click the link in the chat to access our feedback survey!

- Five questions
- 60 seconds
- Help us improve future training and technical assistance

