

June 17, 2024

# Digital Inclusion & Mental Health Micro-Learning Series

Supporting Afghan Newcomers

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**switchboard**  
connecting resettlement experts





# Micro-Learning Contributors



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Health and Wellness

# 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.



2

# **Sleeping Problems**

June 17, 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

# Masoud



- We will watch a five-minute animation of Masoud a few years after beginning resettlement services.
- His concerns will center around trouble sleeping after losing his job, 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

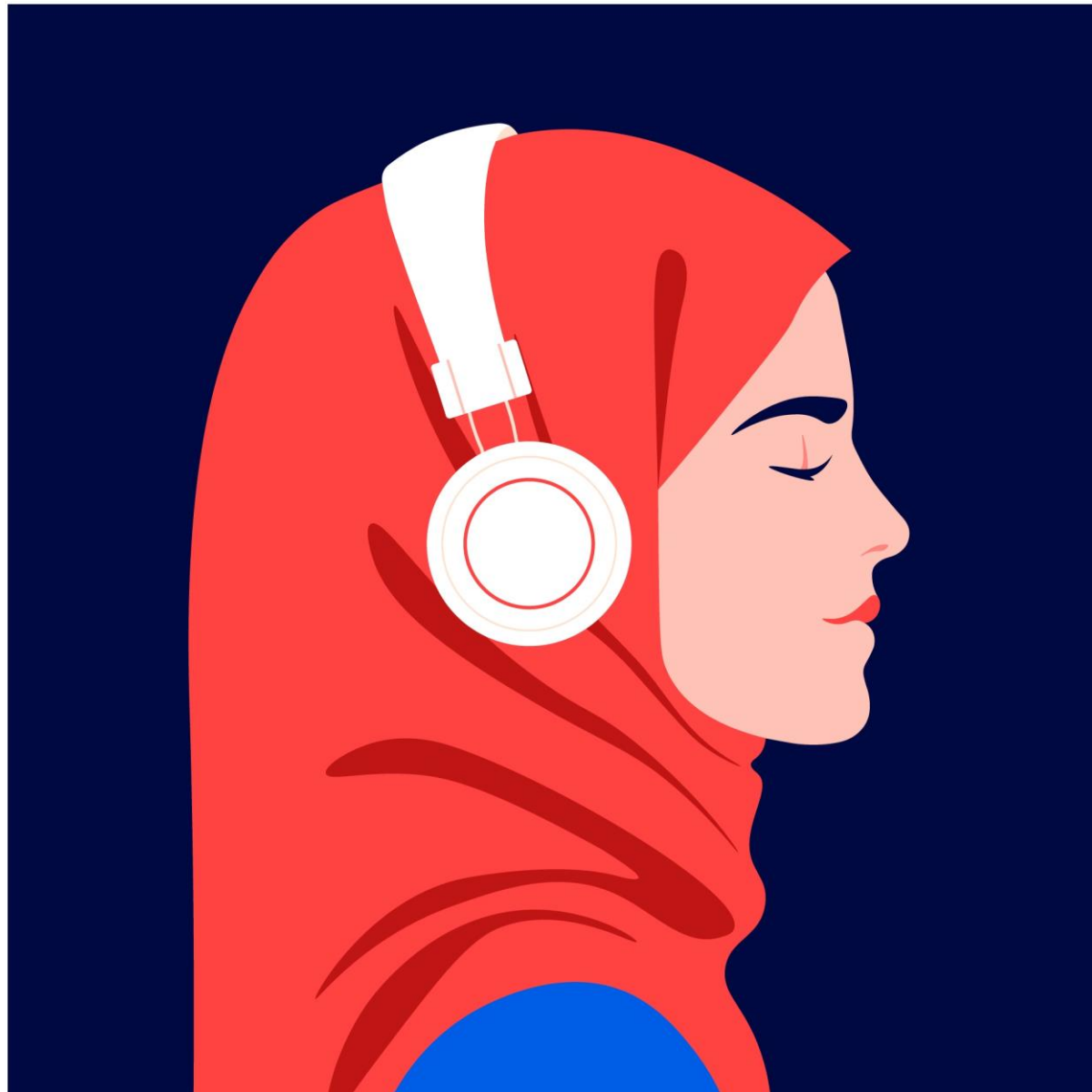


**How does Masoud's use of technology effectively support him with his sleeping troubles?**



# Action Steps

- Encourage continuing therapy even when mental health has improved.
- Provide support locating online music resources.
- Offer help with downloading apps that assist in falling asleep, which are often free.



# Recommended Resources



- Literature Review: [Music Improves Sleep Quality](#) International Journal of Nursing Studies
- Downloadable Resource: [A Study Investigating the Relaxation Effects of Music](#) Mindlab
- Music Resources: [Mellomaniac](#), [Watermark](#), [Mozart](#), [We Can Fly](#) YouTube

# 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

