

June 24, 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.



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Discussing Anxiety

June 24, 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 Mariam



- We will watch a five-minute animation of Mariam, a newcomer youth at the start of her resettlement journey.
- Mariam will be starting at a new school and experiencing strong feelings of anxiety, making it hard for her to focus.
- Questions submitted in the Q&A box will be discussed after the animation.
- Recommended Resources will be shared..



slido



How did Mariam's use of technology effectively support her in managing her anxiety?

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



Action Steps

- Introduce tools like relaxation apps to ease anxiety.
- Focus on specific techniques, like breathing, that can be replicated by following along online.
- Discover a niche—not all apps work for everyone.



Recommended Resources



- Curated Health Resources: [A Selection of Resources for Afghans and Providers](#) National Resource Center for Refugees, Immigrants, and Migrants
- Image Creator: [Paint](#) Microsoft
- Breathing Technique: [What to Know About 4-7-8 Breathing](#) WebMD
- Music Resources: [Kupla](#), [Lofi Girl](#), [Quiet Quest—Study Music](#)

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

