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



June 10, 2024 12:30 – 12:45 PM ET



June 17, 2024 12:30 – 12:45 PM ET



June 24, 2024 12:30 – 12:45 PM ET









July 8, 2024 12:30 – 12:45 PM ET

July 15, 2024 12:30 – 12:45 PM ET

July 22, 2024 12:30 – 12:45 PM ET

Disclaimer

- health services.



This presentation will introduce technology as a complimentary tool in mental

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:

Recognize

common mental health concerns Afghan families encounter at different stages of their resettlement journey ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services





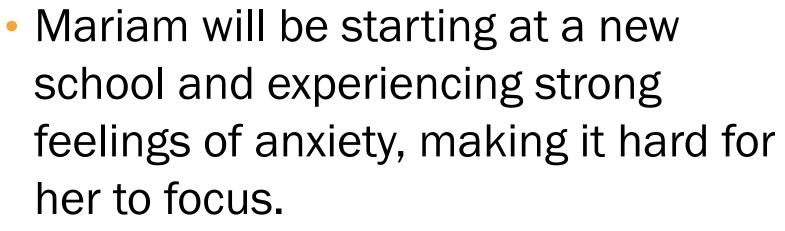
Identify

Meet Mariam



- resettlement journey.
- her to focus.
- animation.
- be shared.

• We will watch a five-minute animation of Mariam, a newcomer youth at the start of her



 Questions submitted in the Q&A box will be discussed after the

Recommended Resources will











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

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

Action Steps

- 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.



Introduce tools like relaxation apps

XXXX

- Curated Health Resources: A Selection of Resources for Afghans
- and Providers National Resource
- Center for Refugees, Immigrants,
- and Migrants
- Image Creator: <u>Paint</u> Microsoft
- Music Resources: <u>Kupla</u>, <u>Lofi Girl</u>, **Quiet Quest—Study Music**

Recommended

Resources

- Breathing Technique: What to Know
- About 4-7-8 Breathing WebMD



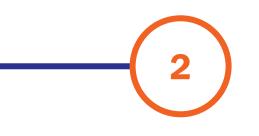
Learning Objectives

Now you are able to:



common mental health concerns Afghan families encounter at different stages of their resettlement journey ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services





Identify



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



