July 8, 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.

Discussing Depression

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July 8, 2024



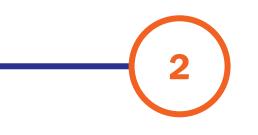
Learning Objectives

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

Mariam



- services.
- using technology.
- animation.
- be shared.

• We will watch a five-minute animation of Mariam a few years after beginning resettlement



 Mariam is experiencing feelings of emptiness when she thinks of her future and is looking to cope by

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

Recommended Resources will







slido



How does Mariam's use of technology effectively support her in combating feelings of emptiness and pessimism?

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

Action Steps

- Provide information on specific telehealth apps based on providers.
- Provide links to Farsi- and Darispeaking mental health coaches online.
- Encourage audiobook listening.





Recommended Resources

- Telehealth Apps (based on provider)
- Afghan Mental Health Coach: ZakiHelp YouTube
- Farsi Audiobook Apps: <u>Ketabrah</u> and <u>Taghche</u>



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



