

July 22, 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.



Discussing Trauma

July 22nd 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



Zohra



- We will watch a five-minute animation of Zohra a few years after beginning resettlement services.
- Zohra will be experiencing stress from traumatic memories and looking for ways to cope.
- Questions submitted in the Q&A box will be discussed after the animation.
- Recommended Resources will be shared.



slido



How did Zohra's use of technology effectively support her in navigating post-traumatic stress?



Action Steps

- Encourage the use of virtual reality (VR) headsets, which can simulate immersive environments.
- Contact public libraries to discover freely available technological resources.
- Submit a technical assistance request to Switchboard for VR support.



Recommended Resources



- Technical Assistance Request: [Emerging Tech and Digital Inclusion Switchboard](#)
- Virtual Reality: [Toolkit](#) Switchboard
- Immersive VR: [Resources Library](#) Meta
- Online Community VR Therapist: [The Society for Virtual Therapy](#)

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



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





Questions?

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

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



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