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



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.

6

Discussing Trauma

July 22nd 2024



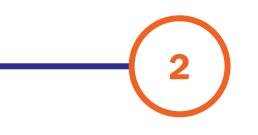
Learning Objectives

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

Zohra



- animation.
- be shared.



• 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

Recommended Resources will





slido



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

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

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

- **Technical Assistance Request: Emerging Tech and Digital Inclusion** Switchboard
- Virtual Reality: <u>Toolkit</u> Switchboard
- Library Meta

Online Community VR Therapist: The Society for Virtual Therapy





Immersive VR: <u>Resources</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

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

Stay Connected



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