#### July 22, 2024

### Digital Inclusion & Mental Health Micro-Learning Series

Supporting Afghan Newcomers

## Switchboard connecting resettlement experts



### **Micro-Learning Contributors**





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Subject Matter Expert, Digital Inclusion

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Program Manager, Digital Inclusion





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Training Officer, Mental Health and Wellness

# **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 Trauma**

July 22nd 2024



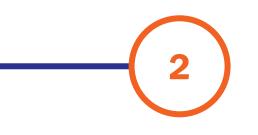
# **Learning Objectives**

By the end of this session, you will be able to:

#### Recognize

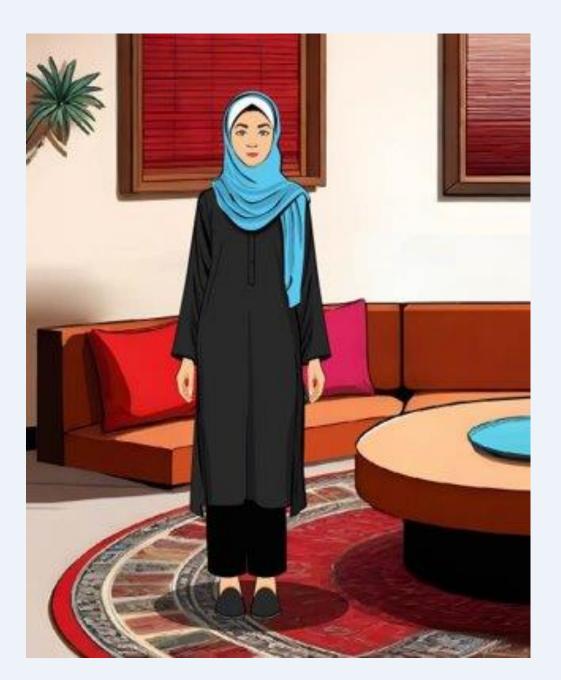
common mental health concerns Afghan families encounter at different stages of their resettlement journey ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services





#### 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>

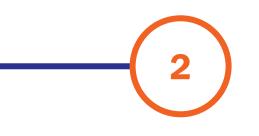
# **Learning Objectives**

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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