

WEBVTT

NOTE duration:"00:15:48.5650000"

NOTE language:en-us

NOTE Confidence: 0.83561856

00:00:00.000 --> 00:00:02.009 Today will be speaking a little bit

NOTE Confidence: 0.83561856

00:00:02.009 --> 00:00:03.773 about an initiative that we're doing

NOTE Confidence: 0.83561856

00:00:03.773 --> 00:00:05.465 here related to mental health for

NOTE Confidence: 0.83561856

00:00:05.465 --> 00:00:06.756 the pediatric refugee population

NOTE Confidence: 0.83561856

00:00:06.756 --> 00:00:08.982 in the time of covid and beyond.

NOTE Confidence: 0.83561856

00:00:08.990 --> 00:00:10.470 With a program called Empower,

NOTE Confidence: 0.83561856

00:00:10.470 --> 00:00:11.940 My name is Julia Rosenberg.

NOTE Confidence: 0.83561856

00:00:11.940 --> 00:00:13.415 I'll be speaking with one

NOTE Confidence: 0.83561856

00:00:13.415 --> 00:00:14.595 of my Co investigators,

NOTE Confidence: 0.83561856

00:00:14.600 --> 00:00:17.344 Doctor Mcdonna Ryan and with big thanks

NOTE Confidence: 0.83561856

00:00:17.344 --> 00:00:19.633 to Caroline O'Brien and Fresh take

NOTE Confidence: 0.83561856

00:00:19.633 --> 00:00:22.055 on Java who are both Co investigators

NOTE Confidence: 0.83561856

00:00:22.123 --> 00:00:24.314 and part of this program as well.

NOTE Confidence: 0.83561856

00:00:24.320 --> 00:00:27.424 I'm So what will speak about just here.

NOTE Confidence: 0.83561856

00:00:27.430 --> 00:00:29.770 Have a road map in mind.

NOTE Confidence: 0.83561856

00:00:29.770 --> 00:00:32.143 Are the mental health risks and barriers

NOTE Confidence: 0.83561856

00:00:32.143 --> 00:00:34.895 to care for refugee children that had

NOTE Confidence: 0.83561856

00:00:34.895 --> 00:00:36.980 already existed an then exacerbated

NOTE Confidence: 0.83561856

00:00:36.980 --> 00:00:39.488 as we've just heard with COVID-19.

NOTE Confidence: 0.83561856

00:00:39.490 --> 00:00:41.430 And then we'll speak about

NOTE Confidence: 0.83561856

00:00:41.430 --> 00:00:42.594 our pilot intervention,

NOTE Confidence: 0.83561856

00:00:42.600 --> 00:00:44.160 empower its education as

NOTE Confidence: 0.83561856

00:00:44.160 --> 00:00:45.330 prevention and intervention,

NOTE Confidence: 0.83561856

00:00:45.330 --> 00:00:46.882 and then opportunities for

NOTE Confidence: 0.83561856

00:00:46.882 --> 00:00:47.658 ongoing collaboration,

NOTE Confidence: 0.83561856

00:00:47.660 --> 00:00:49.955 exactly as everyone has just

NOTE Confidence: 0.83561856

00:00:49.955 --> 00:00:51.791 been mentioning the importance

NOTE Confidence: 0.83561856

00:00:51.791 --> 00:00:54.399 of community and collaboration.

NOTE Confidence: 0.83561856

00:00:54.400 --> 00:00:55.321 To begin with,

NOTE Confidence: 0.83561856

00:00:55.321 --> 00:00:57.163 we know that children in refugee
NOTE Confidence: 0.83561856

00:00:57.163 --> 00:00:58.759 families face unique stressors that
NOTE Confidence: 0.83561856

00:00:58.759 --> 00:01:01.080 place them at higher risk for mental
NOTE Confidence: 0.83561856

00:01:01.080 --> 00:01:02.748 and behavioral health problems.
NOTE Confidence: 0.83561856

00:01:02.750 --> 00:01:04.700 Long before Covid there are pre
NOTE Confidence: 0.83561856

00:01:04.700 --> 00:01:06.760 migration stressors in their home country.
NOTE Confidence: 0.83561856

00:01:06.760 --> 00:01:08.430 Maybe exposure to war, violence,
NOTE Confidence: 0.83561856

00:01:08.430 --> 00:01:08.809 migration,
NOTE Confidence: 0.83561856

00:01:08.809 --> 00:01:10.704 stress stressors on the journey
NOTE Confidence: 0.83561856

00:01:10.704 --> 00:01:13.806 and sadly as many of us see post
NOTE Confidence: 0.83561856

00:01:13.806 --> 00:01:15.322 migration migration stressors upon
NOTE Confidence: 0.83561856

00:01:15.322 --> 00:01:17.288 arrival to the United States.
NOTE Confidence: 0.83561856

00:01:17.290 --> 00:01:19.080 And then with these risks,
NOTE Confidence: 0.83561856

00:01:19.080 --> 00:01:20.865 there are still barriers when
NOTE Confidence: 0.83561856

00:01:20.865 --> 00:01:22.650 it comes to accessing care.
NOTE Confidence: 0.83561856

00:01:22.650 --> 00:01:25.498 As we all know, there are language barriers,

NOTE Confidence: 0.83561856

00:01:25.500 --> 00:01:26.924 challenges with parental literacy,

NOTE Confidence: 0.83561856

00:01:26.924 --> 00:01:27.992 difficulty finding culturally

NOTE Confidence: 0.83561856

00:01:27.992 --> 00:01:28.704 concordant providers,

NOTE Confidence: 0.83561856

00:01:28.710 --> 00:01:30.500 a constantly changing political landscape,

NOTE Confidence: 0.83561856

00:01:30.500 --> 00:01:31.631 difficulty finding providers

NOTE Confidence: 0.83561856

00:01:31.631 --> 00:01:33.893 that they may trust these unique

NOTE Confidence: 0.83561856

00:01:33.893 --> 00:01:35.498 stressors that all add together.

NOTE Confidence: 0.83561856

00:01:35.500 --> 00:01:37.882 And then our challenges of finding

NOTE Confidence: 0.83561856

00:01:37.882 --> 00:01:39.470 culturally sensitive screeners that

NOTE Confidence: 0.83561856

00:01:39.531 --> 00:01:41.401 are appropriate to detect mental

NOTE Confidence: 0.83561856

00:01:41.401 --> 00:01:42.897 and behavioral health problems

NOTE Confidence: 0.83561856

00:01:42.897 --> 00:01:44.299 in refugee children.

NOTE Confidence: 0.83561856

00:01:44.300 --> 00:01:46.304 When it comes to thinking about

NOTE Confidence: 0.83561856

00:01:46.304 --> 00:01:47.306 supporting refugee children,

NOTE Confidence: 0.83561856

00:01:47.310 --> 00:01:48.975 it's helpful to take a

NOTE Confidence: 0.83561856

00:01:48.975 --> 00:01:49.974 framework specifically here,
NOTE Confidence: 0.83561856

00:01:49.980 --> 00:01:51.312 the Bronfenbrenner and Bent
NOTE Confidence: 0.83561856

00:01:51.312 --> 00:01:52.644 Brenner ecological systems theory,
NOTE Confidence: 0.83561856

00:01:52.650 --> 00:01:54.654 and in this theory the child
NOTE Confidence: 0.83561856

00:01:54.654 --> 00:01:55.990 is at the center.
NOTE Confidence: 0.83561856

00:01:55.990 --> 00:01:57.874 The individuals at the center and
NOTE Confidence: 0.83561856

00:01:57.874 --> 00:01:59.660 around them are many systems,
NOTE Confidence: 0.83561856

00:01:59.660 --> 00:02:01.670 starting with the most immediate system,
NOTE Confidence: 0.83561856

00:02:01.670 --> 00:02:03.931 so the micro system of the immediate
NOTE Confidence: 0.83561856

00:02:03.931 --> 00:02:06.620 family and the classroom that they go to
NOTE Confidence: 0.83561856

00:02:06.620 --> 00:02:09.348 and then going out towards the MISO system,
NOTE Confidence: 0.83561856

00:02:09.350 --> 00:02:10.018 the ecosystem,
NOTE Confidence: 0.83561856

00:02:10.018 --> 00:02:11.020 the macro system,
NOTE Confidence: 0.83561856

00:02:11.020 --> 00:02:11.688 so home,
NOTE Confidence: 0.83561856

00:02:11.688 --> 00:02:12.690 schools and neighborhoods,
NOTE Confidence: 0.83561856

00:02:12.690 --> 00:02:14.530 things like more institutions like

NOTE Confidence: 0.83561856
00:02:14.530 --> 00:02:16.002 hospitals and refugee resettlement
NOTE Confidence: 0.83561856
00:02:16.002 --> 00:02:17.658 agencies and then macro systems
NOTE Confidence: 0.83561856
00:02:17.658 --> 00:02:19.203 thinking about widely shared values.
NOTE Confidence: 0.83561856
00:02:19.210 --> 00:02:21.240 Laws and safety and we had done
NOTE Confidence: 0.83561856
00:02:21.240 --> 00:02:22.870 some preliminary work that was
NOTE Confidence: 0.83561856
00:02:22.870 --> 00:02:24.620 incredibly helpful to be partnering
NOTE Confidence: 0.83561856
00:02:24.620 --> 00:02:26.500 with many community organizations,
NOTE Confidence: 0.83561856
00:02:26.500 --> 00:02:27.535 like with Iris.
NOTE Confidence: 0.83561856
00:02:27.535 --> 00:02:29.605 Like with Elena's light which supports
NOTE Confidence: 0.83561856
00:02:29.605 --> 00:02:32.045 Afghan refugees in the New Haven community.
NOTE Confidence: 0.83561856
00:02:32.050 --> 00:02:34.210 To find out where there are
NOTE Confidence: 0.83561856
00:02:34.210 --> 00:02:35.650 opportunities to provide additional
NOTE Confidence: 0.83561856
00:02:35.712 --> 00:02:37.596 support at each of these systems.
NOTE Confidence: 0.83561856
00:02:37.600 --> 00:02:40.029 And we were working towards that one.
NOTE Confidence: 0.83561856
00:02:40.030 --> 00:02:41.770 Of course along came Covid,
NOTE Confidence: 0.83561856

00:02:41.770 --> 00:02:43.150 which we're all unfortunately
NOTE Confidence: 0.83561856

00:02:43.150 --> 00:02:44.185 very familiar with,
NOTE Confidence: 0.83561856

00:02:44.190 --> 00:02:46.272 and it exacerbated many of these
NOTE Confidence: 0.83561856

00:02:46.272 --> 00:02:46.966 essentially opportunities,
NOTE Confidence: 0.83561856

00:02:46.970 --> 00:02:49.728 but gaps in care that we could.
NOTE Confidence: 0.83561856

00:02:49.730 --> 00:02:51.656 And opportunities to help support children.
NOTE Confidence: 0.83561856

00:02:51.660 --> 00:02:53.270 At each of these levels.
NOTE Confidence: 0.83561856

00:02:53.270 --> 00:02:55.846 So with that with our partnership in mind,
NOTE Confidence: 0.83561856

00:02:55.850 --> 00:02:57.134 we transition towards creating
NOTE Confidence: 0.83561856

00:02:57.134 --> 00:02:58.418 a program called Empower,
NOTE Confidence: 0.8420359

00:02:58.420 --> 00:03:00.030 which we'll talk about now.
NOTE Confidence: 0.8741405

00:03:05.030 --> 00:03:07.518 So together a multidisciplinary
NOTE Confidence: 0.8741405

00:03:07.518 --> 00:03:10.628 team developed a health program
NOTE Confidence: 0.8741405

00:03:10.628 --> 00:03:13.712 through a collection of lenses and
NOTE Confidence: 0.8741405

00:03:13.712 --> 00:03:16.804 a convergence of lenses and looked
NOTE Confidence: 0.8741405

00:03:16.804 --> 00:03:20.590 at program development with a nuro

NOTE Confidence: 0.8741405
00:03:20.590 --> 00:03:22.483 psychosocial systems framework
NOTE Confidence: 0.8741405
00:03:22.490 --> 00:03:24.814 coupled with cultural integrity.
NOTE Confidence: 0.8741405
00:03:24.814 --> 00:03:26.557 In an integration,
NOTE Confidence: 0.8741405
00:03:26.560 --> 00:03:29.470 recognizing barriers and systemic inequity.
NOTE Confidence: 0.8741405
00:03:29.470 --> 00:03:33.190 To access to care and implementing
NOTE Confidence: 0.8741405
00:03:33.190 --> 00:03:37.040 something in the context of COVID-19.
NOTE Confidence: 0.8741405
00:03:37.040 --> 00:03:39.640 With these factors in mind,
NOTE Confidence: 0.8741405
00:03:39.640 --> 00:03:41.720 we created an empower.
NOTE Confidence: 0.8741405
00:03:41.720 --> 00:03:44.320 An empower stands for emotion.
NOTE Confidence: 0.8460456
00:03:48.930 --> 00:03:52.265 The clinic with a Wellness
NOTE Confidence: 0.8460456
00:03:52.265 --> 00:03:54.266 education for refugees.
NOTE Confidence: 0.8460456
00:03:54.270 --> 00:03:56.783 So you'll see here on our left
NOTE Confidence: 0.8460456
00:03:56.783 --> 00:03:59.421 is our selfie of our team and a
NOTE Confidence: 0.8460456
00:03:59.421 --> 00:04:02.040 list of all of our partnerships.
NOTE Confidence: 0.8460456
00:04:02.040 --> 00:04:04.686 And so to address the systemic inequities
NOTE Confidence: 0.8460456

00:04:04.686 --> 00:04:06.848 and Keran improve access to care,
NOTE Confidence: 0.8460456

00:04:06.850 --> 00:04:08.090 we develop multiple partnerships.
NOTE Confidence: 0.8460456

00:04:08.090 --> 00:04:09.950 The key was with a local
NOTE Confidence: 0.8460456

00:04:10.003 --> 00:04:11.659 refugee resettlement nonprofit,
NOTE Confidence: 0.8460456

00:04:11.660 --> 00:04:13.335 alina's light and you'll see
NOTE Confidence: 0.8460456

00:04:13.335 --> 00:04:15.898 Fresh Day who is the leader and
NOTE Confidence: 0.8460456

00:04:15.898 --> 00:04:17.948 founder of Elaine's late there,
NOTE Confidence: 0.8460456

00:04:17.950 --> 00:04:19.800 who's a refugee herself at
NOTE Confidence: 0.8460456

00:04:19.800 --> 00:04:21.650 the bottom of the screen,
NOTE Confidence: 0.8460456

00:04:21.650 --> 00:04:24.240 taking the selfie and her.
NOTE Confidence: 0.8460456

00:04:24.240 --> 00:04:25.916 Wonderful Assistant who was
NOTE Confidence: 0.8460456

00:04:25.916 --> 00:04:28.011 an interpreter for our program
NOTE Confidence: 0.8460456

00:04:28.011 --> 00:04:30.416 and helped us with all our
NOTE Confidence: 0.8460456

00:04:30.416 --> 00:04:31.948 recruitment of our families.
NOTE Confidence: 0.8460456

00:04:31.950 --> 00:04:34.407 But we as you can see we we partnered
NOTE Confidence: 0.8460456

00:04:34.407 --> 00:04:36.275 with multiple organizations for

NOTE Confidence: 0.8460456

00:04:36.275 --> 00:04:38.815 everything from donations to partnering

NOTE Confidence: 0.8460456

00:04:38.815 --> 00:04:41.588 on actually implementing the program and

NOTE Confidence: 0.8460456

00:04:41.588 --> 00:04:44.126 helping families get to the program.

NOTE Confidence: 0.8261769

00:04:46.140 --> 00:04:47.469 As a neuropsychologist,

NOTE Confidence: 0.8261769

00:04:47.469 --> 00:04:50.570 I look at program development in mental

NOTE Confidence: 0.8261769

00:04:50.646 --> 00:04:53.388 and behavioral health and refugees through

NOTE Confidence: 0.8261769

00:04:53.388 --> 00:04:56.350 a neuro psychosocial in a systems lens.

NOTE Confidence: 0.8261769

00:04:56.350 --> 00:04:58.246 Taking into consideration the

NOTE Confidence: 0.8261769

00:04:58.246 --> 00:05:00.616 implications of adverse experiences on

NOTE Confidence: 0.8261769

00:05:00.616 --> 00:05:03.446 the neural circuits, the underpinnings,

NOTE Confidence: 0.8261769

00:05:03.446 --> 00:05:05.898 particularly for executive functioning

NOTE Confidence: 0.8261769

00:05:05.898 --> 00:05:09.330 and the frontal striatal circuits that

NOTE Confidence: 0.8261769

00:05:09.330 --> 00:05:12.024 make these kiddos vulnerable to the

NOTE Confidence: 0.8261769

00:05:12.024 --> 00:05:14.943 effects of how the integrity of this

NOTE Confidence: 0.8261769

00:05:14.943 --> 00:05:17.378 system based on the trauma they've

NOTE Confidence: 0.8261769

00:05:17.378 --> 00:05:19.818 experienced as a individual child,
NOTE Confidence: 0.8261769

00:05:19.820 --> 00:05:23.404 an as the traumas imposed on a family
NOTE Confidence: 0.8261769

00:05:23.404 --> 00:05:27.389 system and the interplay between those two.
NOTE Confidence: 0.8261769

00:05:27.390 --> 00:05:30.318 A lack of exposure throughout the
NOTE Confidence: 0.8261769

00:05:30.318 --> 00:05:32.700 migration journey and interruptions to
NOTE Confidence: 0.8261769

00:05:32.700 --> 00:05:35.532 their development as well as many of our
NOTE Confidence: 0.8261769

00:05:35.532 --> 00:05:37.867 kiddos are exposed to neurotoxins either
NOTE Confidence: 0.8261769

00:05:37.867 --> 00:05:40.604 in utero or early in childhood that
NOTE Confidence: 0.8261769

00:05:40.604 --> 00:05:43.076 all make their this system vulnerable.
NOTE Confidence: 0.8261769

00:05:43.080 --> 00:05:45.708 When you take those experiences and
NOTE Confidence: 0.8261769

00:05:45.708 --> 00:05:48.311 in the implications and you look
NOTE Confidence: 0.8261769

00:05:48.311 --> 00:05:51.013 at that in with the convergence of
NOTE Confidence: 0.8261769

00:05:51.013 --> 00:05:53.408 research of the benefits of social,
NOTE Confidence: 0.8261769

00:05:53.410 --> 00:05:54.234 emotional learning,
NOTE Confidence: 0.8261769

00:05:54.234 --> 00:05:55.470 executive functioning rehabilitation
NOTE Confidence: 0.8261769

00:05:55.470 --> 00:05:57.686 and remediation, and research into.

NOTE Confidence: 0.8261769

00:05:57.686 --> 00:05:59.072 Family system interventions

NOTE Confidence: 0.8261769

00:05:59.072 --> 00:06:00.458 with medical populations.

NOTE Confidence: 0.8261769

00:06:00.460 --> 00:06:03.860 This helped us create a framework for the

NOTE Confidence: 0.8261769

00:06:03.860 --> 00:06:07.110 foundation of our social emotional learning.

NOTE Confidence: 0.8843631

00:06:09.560 --> 00:06:11.608 Next, we in partnership

NOTE Confidence: 0.8843631

00:06:11.608 --> 00:06:13.656 with our cultural experts.

NOTE Confidence: 0.8843631

00:06:13.660 --> 00:06:17.532 Our goal was to create a program of

NOTE Confidence: 0.8843631

00:06:17.532 --> 00:06:19.799 cultural integration and integrity,

NOTE Confidence: 0.8843631

00:06:19.800 --> 00:06:22.360 taking stock of cultural traditions,

NOTE Confidence: 0.8843631

00:06:22.360 --> 00:06:24.304 language, the family system,

NOTE Confidence: 0.8843631

00:06:24.304 --> 00:06:26.734 and perceptions of mental and

NOTE Confidence: 0.8843631

00:06:26.734 --> 00:06:29.437 physical health that families have

NOTE Confidence: 0.8843631

00:06:29.437 --> 00:06:31.577 experienced across their journey,

NOTE Confidence: 0.8843631

00:06:31.580 --> 00:06:34.821 from pre migration and their their host

NOTE Confidence: 0.8843631

00:06:34.821 --> 00:06:38.229 country to what they were experiencing.

NOTE Confidence: 0.8843631

00:06:38.230 --> 00:06:40.278 Post migration and resettlement.
NOTE Confidence: 0.8469038

00:06:43.690 --> 00:06:46.792 Last was looking at a lens
NOTE Confidence: 0.8469038

00:06:46.792 --> 00:06:48.343 through the implement.
NOTE Confidence: 0.8469038

00:06:48.350 --> 00:06:51.542 The implications of COVID-19 and how to
NOTE Confidence: 0.8469038

00:06:51.542 --> 00:06:55.298 deliver a program within the confines of
NOTE Confidence: 0.8469038

00:06:55.298 --> 00:06:58.183 COVID-19 where families were experiencing.
NOTE Confidence: 0.8469038

00:06:58.190 --> 00:07:01.816 As Jen just pointed out from Irish
NOTE Confidence: 0.8469038

00:07:01.816 --> 00:07:03.370 significant fear misinformation,
NOTE Confidence: 0.8469038

00:07:03.370 --> 00:07:04.406 tremendous isolation,
NOTE Confidence: 0.8469038

00:07:04.406 --> 00:07:07.514 rapid changes in their financial situations,
NOTE Confidence: 0.8469038

00:07:07.520 --> 00:07:09.588 and feelings of financial
NOTE Confidence: 0.8469038

00:07:09.588 --> 00:07:11.139 stress and survival.
NOTE Confidence: 0.8469038

00:07:11.140 --> 00:07:12.559 Stress impairment parents.
NOTE Confidence: 0.8469038

00:07:12.559 --> 00:07:14.451 And then abrupt disconnection
NOTE Confidence: 0.8469038

00:07:14.451 --> 00:07:16.353 with cognitive and social
NOTE Confidence: 0.8469038

00:07:16.353 --> 00:07:18.017 stimulation and New Haven,

NOTE Confidence: 0.8469038

00:07:18.020 --> 00:07:20.980 the kiddos at the time we ran our

NOTE Confidence: 0.8469038

00:07:20.980 --> 00:07:23.706 program had been out of school for

NOTE Confidence: 0.8469038

00:07:23.706 --> 00:07:26.154 a solid four months and pretty

NOTE Confidence: 0.8469038

00:07:26.154 --> 00:07:28.974 much kept inside that whole time.

NOTE Confidence: 0.87759775

00:07:31.830 --> 00:07:34.188 So together in this this through

NOTE Confidence: 0.87759775

00:07:34.188 --> 00:07:36.351 these lenses we created emotions

NOTE Confidence: 0.87759775

00:07:36.351 --> 00:07:38.916 program outside the clinic with

NOTE Confidence: 0.87759775

00:07:38.916 --> 00:07:40.968 Wellness education for refugees.

NOTE Confidence: 0.87759775

00:07:40.970 --> 00:07:43.340 This is a culturally informed

NOTE Confidence: 0.87759775

00:07:43.340 --> 00:07:45.236 innovative health education and

NOTE Confidence: 0.87759775

00:07:45.236 --> 00:07:47.414 prevention program that was done

NOTE Confidence: 0.87759775

00:07:47.414 --> 00:07:49.454 in collaboration with our partners

NOTE Confidence: 0.87759775

00:07:49.454 --> 00:07:51.356 using evidence based program

NOTE Confidence: 0.87759775

00:07:51.356 --> 00:07:53.726 components and adaptations of these

NOTE Confidence: 0.87759775

00:07:53.726 --> 00:07:56.318 components to provide covid education.

NOTE Confidence: 0.87759775

00:07:56.318 --> 00:07:57.956 Social, emotional learning
NOTE Confidence: 0.87759775

00:07:57.956 --> 00:07:59.594 and Wellness hygiene.
NOTE Confidence: 0.87759775

00:07:59.600 --> 00:08:01.710 We developed and piloted this
NOTE Confidence: 0.87759775

00:08:01.710 --> 00:08:03.820 program last summer in 2020
NOTE Confidence: 0.87759775

00:08:03.896 --> 00:08:05.968 with our community partners.
NOTE Confidence: 0.89355564

00:08:09.580 --> 00:08:11.630 Our program had multiple goals.
NOTE Confidence: 0.89355564

00:08:11.630 --> 00:08:14.406 First in the short term and and really
NOTE Confidence: 0.89355564

00:08:14.406 --> 00:08:17.512 are the foundation was to develop a
NOTE Confidence: 0.89355564

00:08:17.512 --> 00:08:19.847 program and relationships of trust
NOTE Confidence: 0.89355564

00:08:19.931 --> 00:08:22.724 and to assess the feasibility of our
NOTE Confidence: 0.89355564

00:08:22.724 --> 00:08:25.174 program in terms of the ability to
NOTE Confidence: 0.89355564

00:08:25.174 --> 00:08:28.738 deliver it and for it to be accepted to
NOTE Confidence: 0.89355564

00:08:28.738 --> 00:08:30.898 introduce social emotional language,
NOTE Confidence: 0.89355564

00:08:30.900 --> 00:08:32.950 which is just one component
NOTE Confidence: 0.89355564

00:08:32.950 --> 00:08:34.590 of social emotional learning.
NOTE Confidence: 0.89355564

00:08:34.590 --> 00:08:37.782 So language in Wellness tools to provide

NOTE Confidence: 0.89355564

00:08:37.782 --> 00:08:41.430 a safe outlet for kids to get to school.

NOTE Confidence: 0.89355564

00:08:41.430 --> 00:08:43.350 To get outside, I'm sorry because

NOTE Confidence: 0.89355564

00:08:43.350 --> 00:08:45.590 they haven't been in school and too.

NOTE Confidence: 0.87483245

00:08:49.760 --> 00:08:51.811 Routine where they have not had not

NOTE Confidence: 0.87483245

00:08:51.811 --> 00:08:53.716 had any routine because school had

NOTE Confidence: 0.87483245

00:08:53.716 --> 00:08:55.970 been closed and they were not getting

NOTE Confidence: 0.87483245

00:08:56.028 --> 00:08:57.918 outside in their days did not have

NOTE Confidence: 0.87483245

00:08:57.918 --> 00:09:00.230 any sense of rhythm in the long term.

NOTE Confidence: 0.87483245

00:09:00.230 --> 00:09:01.695 Though ultimately our goal through

NOTE Confidence: 0.87483245

00:09:01.695 --> 00:09:03.521 this pilot program in our steps

NOTE Confidence: 0.87483245

00:09:03.521 --> 00:09:05.369 going forward is to build community

NOTE Confidence: 0.87483245

00:09:05.369 --> 00:09:06.902 and overcome barriers to access

NOTE Confidence: 0.87483245

00:09:06.902 --> 00:09:08.297 to care and improve emotional,

NOTE Confidence: 0.87483245

00:09:08.300 --> 00:09:10.280 social, emotional well being mental

NOTE Confidence: 0.87483245

00:09:10.280 --> 00:09:11.468 and physical health.

NOTE Confidence: 0.87483245

00:09:11.470 --> 00:09:13.580 Our Empower participants included families

NOTE Confidence: 0.87483245

00:09:13.580 --> 00:09:16.114 units from Afghanistan that, on average,

NOTE Confidence: 0.87483245

00:09:16.114 --> 00:09:19.068 had been resettled for about five years.

NOTE Confidence: 0.87483245

00:09:19.070 --> 00:09:21.950 Our participants were family units with

NOTE Confidence: 0.87483245

00:09:21.950 --> 00:09:24.294 our direct participants being kiddos

NOTE Confidence: 0.87483245

00:09:24.294 --> 00:09:27.078 from 5 to 14 years old and indirectly,

NOTE Confidence: 0.87483245

00:09:27.080 --> 00:09:29.070 though we were really affecting

NOTE Confidence: 0.87483245

00:09:29.070 --> 00:09:31.060 the whole family system because

NOTE Confidence: 0.87483245

00:09:31.131 --> 00:09:33.406 parents were there bringing younger,

NOTE Confidence: 0.87483245

00:09:33.410 --> 00:09:36.791 younger and older children as well as

NOTE Confidence: 0.87483245

00:09:36.791 --> 00:09:40.118 we had children who were not purchased

NOTE Confidence: 0.87483245

00:09:40.118 --> 00:09:43.440 in our program who came to watch.

NOTE Confidence: 0.87483245

00:09:43.440 --> 00:09:45.462 Our our program was delivered in

NOTE Confidence: 0.87483245

00:09:45.462 --> 00:09:47.635 person four or five in person

NOTE Confidence: 0.87483245

00:09:47.635 --> 00:09:49.147 sessions for each family,

NOTE Confidence: 0.87483245

00:09:49.150 --> 00:09:52.363 as well as four to six sessions by zoom.

NOTE Confidence: 0.8638703

00:09:55.140 --> 00:09:57.980 And one of the ways to address the

NOTE Confidence: 0.8638703

00:09:57.980 --> 00:10:01.037 barriers of access to care was we went

NOTE Confidence: 0.8638703

00:10:01.037 --> 00:10:03.710 directly to the family neighborhoods.

NOTE Confidence: 0.8638703

00:10:03.710 --> 00:10:06.152 So with the help of Elena's

NOTE Confidence: 0.8638703

00:10:06.152 --> 00:10:07.373 light and Neighborworks,

NOTE Confidence: 0.8638703

00:10:07.380 --> 00:10:09.380 we identified two outdoor locations

NOTE Confidence: 0.8638703

00:10:09.380 --> 00:10:11.870 where we could gather families safely,

NOTE Confidence: 0.8638703

00:10:11.870 --> 00:10:13.910 and so you'll see here,

NOTE Confidence: 0.8638703

00:10:13.910 --> 00:10:16.150 we literally dropped ourselves down

NOTE Confidence: 0.8638703

00:10:16.150 --> 00:10:18.859 into these family into center location

NOTE Confidence: 0.8638703

00:10:18.859 --> 00:10:20.854 where these families could actually

NOTE Confidence: 0.8638703

00:10:20.854 --> 00:10:23.700 walk to us or easily get to us.

NOTE Confidence: 0.8638703

00:10:23.700 --> 00:10:26.076 So this would help.

NOTE Confidence: 0.8638703

00:10:26.076 --> 00:10:29.046 Allow for attending and reducing

NOTE Confidence: 0.8638703

00:10:29.046 --> 00:10:32.827 any barriers related to location.

NOTE Confidence: 0.8589619

00:10:35.850 --> 00:10:38.048 So our first component to begin was
NOTE Confidence: 0.8589619

00:10:38.048 --> 00:10:40.733 we had to address COVID-19 and make
NOTE Confidence: 0.8589619

00:10:40.733 --> 00:10:43.241 families feel like they were safe,
NOTE Confidence: 0.8589619

00:10:43.250 --> 00:10:45.686 and so we set up a system
NOTE Confidence: 0.8589619

00:10:45.686 --> 00:10:47.690 where the families would come.
NOTE Confidence: 0.8589619

00:10:47.690 --> 00:10:50.760 They check in as you see at a table they
NOTE Confidence: 0.8589619

00:10:50.842 --> 00:10:53.608 were checked for all covid symptoms.
NOTE Confidence: 0.8589619

00:10:53.610 --> 00:10:56.562 They were then set over to a group of
NOTE Confidence: 0.8589619

00:10:56.562 --> 00:10:59.503 yoga mats that each child was presented
NOTE Confidence: 0.8589619

00:10:59.503 --> 00:11:02.300 in an provided with their own Matt
NOTE Confidence: 0.8589619

00:11:02.300 --> 00:11:05.486 set up by Family unit in each unit was
NOTE Confidence: 0.8589619

00:11:05.486 --> 00:11:07.814 given 11 facilitator worked for unit.
NOTE Confidence: 0.8589619

00:11:07.820 --> 00:11:11.456 And we're trying to demonstrate social
NOTE Confidence: 0.8589619

00:11:11.456 --> 00:11:13.880 distancing and and demonstrating
NOTE Confidence: 0.8589619

00:11:13.973 --> 00:11:15.695 the use of PPE materials,
NOTE Confidence: 0.8589619

00:11:15.695 --> 00:11:20.630 and we provided all families with PPE.

NOTE Confidence: 0.8589619

00:11:20.630 --> 00:11:23.170 Tools and safety equipment.

NOTE Confidence: 0.867173

00:11:26.050 --> 00:11:28.864 Part of our COVID-19 curriculum included

NOTE Confidence: 0.867173

00:11:28.864 --> 00:11:31.156 materials that were multilingual and

NOTE Confidence: 0.867173

00:11:31.156 --> 00:11:32.891 these were provided through handouts

NOTE Confidence: 0.867173

00:11:32.891 --> 00:11:35.348 as well as we did daily drills

NOTE Confidence: 0.867173

00:11:35.348 --> 00:11:37.352 with the kids with role playing

NOTE Confidence: 0.867173

00:11:37.352 --> 00:11:39.868 and quizzing them on what are the

NOTE Confidence: 0.867173

00:11:39.868 --> 00:11:42.728 symptoms and how do you prevent covid?

NOTE Confidence: 0.867173

00:11:42.730 --> 00:11:45.386 And we're trying to get them to habituate

NOTE Confidence: 0.867173

00:11:45.386 --> 00:11:48.550 to the information an it happened quickly.

NOTE Confidence: 0.867173

00:11:48.550 --> 00:11:51.189 We could quiz them and they could

NOTE Confidence: 0.867173

00:11:51.189 --> 00:11:53.560 answer us very quickly as Doctor

NOTE Confidence: 0.867173

00:11:53.560 --> 00:11:56.810 Camille Brown came one day as a guest.

NOTE Confidence: 0.867173

00:11:56.810 --> 00:11:59.070 And we put, she put the kids on the spot

NOTE Confidence: 0.867173

00:11:59.133 --> 00:12:01.397 and quickly they were able to give all

NOTE Confidence: 0.867173

00:12:01.397 --> 00:12:03.438 the answers that she was looking for.
NOTE Confidence: 0.88844216

00:12:05.970 --> 00:12:07.690 Our social, emotional language and
NOTE Confidence: 0.88844216

00:12:07.690 --> 00:12:09.066 self-awareness component was developed
NOTE Confidence: 0.88844216

00:12:09.066 --> 00:12:10.729 by gaming and through artworks.
NOTE Confidence: 0.88844216

00:12:10.730 --> 00:12:13.565 So you'll see here that this is just an
NOTE Confidence: 0.88844216

00:12:13.565 --> 00:12:15.919 example of games we played with them
NOTE Confidence: 0.88844216

00:12:15.919 --> 00:12:18.392 and materials on how are you feeling
NOTE Confidence: 0.88844216

00:12:18.392 --> 00:12:20.926 and using pictures in words in English
NOTE Confidence: 0.88844216

00:12:20.930 --> 00:12:23.650 as well as in their language as well
NOTE Confidence: 0.88844216

00:12:23.650 --> 00:12:26.368 as cards that you see on the right.
NOTE Confidence: 0.88844216

00:12:26.370 --> 00:12:29.010 We gave them these key rings and they
NOTE Confidence: 0.88844216

00:12:29.010 --> 00:12:31.362 would take the cards out and they
NOTE Confidence: 0.88844216

00:12:31.362 --> 00:12:34.108 would match the cards to the the main
NOTE Confidence: 0.88844216

00:12:34.108 --> 00:12:36.565 paper and we play different games with
NOTE Confidence: 0.88844216

00:12:36.570 --> 00:12:39.674 them to get them used to the language.
NOTE Confidence: 0.88844216

00:12:39.680 --> 00:12:42.879 Used to talking about I feel statements,

NOTE Confidence: 0.88844216

00:12:42.880 --> 00:12:44.095 ideas for coping,

NOTE Confidence: 0.88844216

00:12:44.095 --> 00:12:48.051 and it was all again this whole idea of

NOTE Confidence: 0.88844216

00:12:48.051 --> 00:12:50.646 routine and habituation to language,

NOTE Confidence: 0.88844216

00:12:50.650 --> 00:12:53.392 and doing this pretty much on

NOTE Confidence: 0.88844216

00:12:53.392 --> 00:12:55.220 a suit shoestring budget.

NOTE Confidence: 0.88844216

00:12:55.220 --> 00:12:57.500 We also introduce them to

NOTE Confidence: 0.88844216

00:12:57.500 --> 00:12:58.868 exercise through yoga.

NOTE Confidence: 0.88844216

00:12:58.870 --> 00:13:02.074 We provided a farmers market with each

NOTE Confidence: 0.88844216

00:13:02.074 --> 00:13:04.354 group and talked about nutrition,

NOTE Confidence: 0.88844216

00:13:04.360 --> 00:13:06.188 sleep, hygiene, electronic hygiene.

NOTE Confidence: 0.86003846

00:13:09.980 --> 00:13:12.671 And we also were able to do an evaluation

NOTE Confidence: 0.86003846

00:13:12.671 --> 00:13:14.926 with this put together so quickly.

NOTE Confidence: 0.86003846

00:13:14.930 --> 00:13:16.580 This is a post evaluation,

NOTE Confidence: 0.86003846

00:13:16.580 --> 00:13:19.307 and so we wanted to share a little bit

NOTE Confidence: 0.86003846

00:13:19.307 --> 00:13:21.757 about what we found and some of the

NOTE Confidence: 0.86003846

00:13:21.757 --> 00:13:24.170 next steps in terms of feasibility.
NOTE Confidence: 0.86003846

00:13:24.170 --> 00:13:25.820 One of our main outcomes,
NOTE Confidence: 0.86003846

00:13:25.820 --> 00:13:27.470 the parents that we ask,
NOTE Confidence: 0.86003846

00:13:27.470 --> 00:13:29.342 the 13 parents who participated and
NOTE Confidence: 0.86003846

00:13:29.342 --> 00:13:31.430 attended with their with their children.
NOTE Confidence: 0.86003846

00:13:31.430 --> 00:13:33.410 None of them reported problems with
NOTE Confidence: 0.86003846

00:13:33.410 --> 00:13:34.730 understanding travel or timing.
NOTE Confidence: 0.86003846

00:13:34.730 --> 00:13:36.710 There were some difficulties with zoom,
NOTE Confidence: 0.86003846

00:13:36.710 --> 00:13:38.570 mostly related to storms that
NOTE Confidence: 0.86003846

00:13:38.570 --> 00:13:40.058 happened during the summer.
NOTE Confidence: 0.86003846

00:13:40.060 --> 00:13:41.986 Of all the questions we ask
NOTE Confidence: 0.86003846

00:13:41.986 --> 00:13:42.949 related to satisfaction,
NOTE Confidence: 0.86003846

00:13:42.950 --> 00:13:45.366 we had 100% satisfied when we asked about
NOTE Confidence: 0.86003846

00:13:45.366 --> 00:13:47.438 continuing these program components at home.
NOTE Confidence: 0.86003846

00:13:47.440 --> 00:13:49.952 Yoga was continued at home by most children
NOTE Confidence: 0.86003846

00:13:49.952 --> 00:13:52.899 and a lot of parents joined into as well.

NOTE Confidence: 0.86003846
00:13:52.900 --> 00:13:53.202 Additionally,
NOTE Confidence: 0.86003846
00:13:53.202 --> 00:13:54.712 very interesting Lee related to
NOTE Confidence: 0.86003846
00:13:54.712 --> 00:13:56.430 some of the COVID-19 knowledge.
NOTE Confidence: 0.86003846
00:13:56.430 --> 00:13:58.356 When we ask parents in terms
NOTE Confidence: 0.86003846
00:13:58.356 --> 00:13:59.319 of personal history,
NOTE Confidence: 0.86003846
00:13:59.320 --> 00:14:01.680 we're very thankful to see that it was
NOTE Confidence: 0.86003846
00:14:01.680 --> 00:14:03.911 very few who had any family members
NOTE Confidence: 0.86003846
00:14:03.911 --> 00:14:06.229 who had been exposed to kovid when
NOTE Confidence: 0.86003846
00:14:06.229 --> 00:14:08.602 it came to spontaneous recall of the
NOTE Confidence: 0.86003846
00:14:08.602 --> 00:14:11.365 things that we had talked about each class.
NOTE Confidence: 0.86003846
00:14:11.370 --> 00:14:13.050 Most parents were able to correctly
NOTE Confidence: 0.86003846
00:14:13.050 --> 00:14:15.811 recall at least I as a median 5 symptoms
NOTE Confidence: 0.86003846
00:14:15.811 --> 00:14:17.396 correctly and for protective measures
NOTE Confidence: 0.86003846
00:14:17.451 --> 00:14:19.740 with all of them remembering masks and
NOTE Confidence: 0.86003846
00:14:19.740 --> 00:14:21.666 most remembering things like hand washing,
NOTE Confidence: 0.86003846

00:14:21.666 --> 00:14:23.226 social distancing and other measures.
NOTE Confidence: 0.86003846

00:14:23.230 --> 00:14:25.138 And none of them said that
NOTE Confidence: 0.86003846

00:14:25.138 --> 00:14:26.969 they thought it was a hoax.
NOTE Confidence: 0.86003846

00:14:26.970 --> 00:14:27.282 Additionally,
NOTE Confidence: 0.86003846

00:14:27.282 --> 00:14:28.530 we have some qualitative
NOTE Confidence: 0.86003846

00:14:28.530 --> 00:14:30.090 data we wanted to highlight.
NOTE Confidence: 0.86003846

00:14:30.090 --> 00:14:32.260 Some of that when parents talked about
NOTE Confidence: 0.86003846

00:14:32.260 --> 00:14:34.457 learning through the eyes of their children.
NOTE Confidence: 0.86003846

00:14:34.460 --> 00:14:36.284 I learned through my kids another
NOTE Confidence: 0.86003846

00:14:36.284 --> 00:14:38.189 said before the kids were at
NOTE Confidence: 0.86003846

00:14:38.189 --> 00:14:39.759 home with no physical activity.
NOTE Confidence: 0.86003846

00:14:39.760 --> 00:14:41.450 Now they're active and inspired.
NOTE Confidence: 0.86003846

00:14:41.450 --> 00:14:42.740 Us to be active too.
NOTE Confidence: 0.86003846

00:14:42.740 --> 00:14:44.796 I was not involved directly in the class.
NOTE Confidence: 0.86003846

00:14:44.800 --> 00:14:46.816 I had two jobs but when I came back
NOTE Confidence: 0.86003846

00:14:46.816 --> 00:14:48.926 I saw they were playing at home.

NOTE Confidence: 0.86003846

00:14:48.930 --> 00:14:50.448 So this is an indirect indirect

NOTE Confidence: 0.86003846

00:14:50.448 --> 00:14:51.770 participant benefit from a class.

NOTE Confidence: 0.86003846

00:14:51.770 --> 00:14:53.770 Another said before my wife and I were

NOTE Confidence: 0.86003846

00:14:53.770 --> 00:14:55.377 thinking just take the kids outside,

NOTE Confidence: 0.86003846

00:14:55.380 --> 00:14:56.670 take them to the mall,

NOTE Confidence: 0.86003846

00:14:56.670 --> 00:14:58.218 bring them home as an activity,

NOTE Confidence: 0.86003846

00:14:58.220 --> 00:14:59.768 but that's not a real activity.

NOTE Confidence: 0.86003846

00:14:59.770 --> 00:15:01.080 After we've seen several activities

NOTE Confidence: 0.86003846

00:15:01.080 --> 00:15:02.859 and games you do with the kids.

NOTE Confidence: 0.86003846

00:15:02.860 --> 00:15:04.716 Now we know if we sit with them

NOTE Confidence: 0.86003846

00:15:04.716 --> 00:15:06.218 and do a real activity,

NOTE Confidence: 0.86003846

00:15:06.220 --> 00:15:07.500 do painting and requesting things

NOTE Confidence: 0.86003846

00:15:07.500 --> 00:15:09.428 to do that will be more helpful

NOTE Confidence: 0.86003846

00:15:09.428 --> 00:15:10.908 than just taking them outside

NOTE Confidence: 0.86003846

00:15:10.908 --> 00:15:12.340 and then bringing them home.

NOTE Confidence: 0.86003846

00:15:12.340 --> 00:15:14.034 We have to be more meaningful with
NOTE Confidence: 0.86003846

00:15:14.034 --> 00:15:15.947 what we what we're doing with them.
NOTE Confidence: 0.86003846

00:15:15.950 --> 00:15:17.828 They can learn something from us
NOTE Confidence: 0.86003846

00:15:17.828 --> 00:15:19.716 that was really good outcome for
NOTE Confidence: 0.86003846

00:15:19.716 --> 00:15:21.732 this program for me and my wife.
NOTE Confidence: 0.86003846

00:15:21.740 --> 00:15:23.480 In terms of next steps,
NOTE Confidence: 0.86003846

00:15:23.480 --> 00:15:25.568 so we've developed a program manual.
NOTE Confidence: 0.86003846

00:15:25.570 --> 00:15:26.614 We've established feasibility,
NOTE Confidence: 0.86003846

00:15:26.614 --> 00:15:27.658 trust, and community.
NOTE Confidence: 0.86003846

00:15:27.660 --> 00:15:29.400 Partnerships remain central for this.
NOTE Confidence: 0.86003846

00:15:29.400 --> 00:15:31.152 I'm going and we're currently planning
NOTE Confidence: 0.86003846

00:15:31.152 --> 00:15:33.635 in 2021 with more children and family
NOTE Confidence: 0.86003846

00:15:33.635 --> 00:15:35.307 systems with ongoing collaborations,
NOTE Confidence: 0.86003846

00:15:35.310 --> 00:15:36.702 and also thinking about
NOTE Confidence: 0.86003846

00:15:36.702 --> 00:15:37.746 including community champions,
NOTE Confidence: 0.86003846

00:15:37.750 --> 00:15:39.856 so even teenagers from these refugee

NOTE Confidence: 0.86003846

00:15:39.856 --> 00:15:41.580 communities as facilitators as well,

NOTE Confidence: 0.86003846

00:15:41.580 --> 00:15:44.800 we have a lot of people to think it really

NOTE Confidence: 0.8611367

00:15:44.881 --> 00:15:46.721 does take a community to

NOTE Confidence: 0.8611367

00:15:46.721 --> 00:15:48.561 make all of these have.