

**Samaritas, Troy**

*“Refugee Behavioral Health Education”*

Samaritas’ Refugee Behavioral Health Education program will be comprised of four initiatives to increase the community’s mental health provider capacity to serve refugees. Program goals include:

1. Increase awareness of the unique mental health needs of refugees.
2. Increase the workforce competency of mental health social workers, counselors, and clinicians who can provide services to refugees.
3. Equip refugee leaders and organizations/institutions that serve refugees on the basic awareness of mental health symptoms and immediate response skills.
4. Develop an ongoing network to train, empower, and connect mental health professionals who have an interest in serving refugees.

**Arab American Chaldean Council (ACC), Troy**

*“Social Support for Afghan Mothers (SFAM)”*

The main goal of SFAM is to provide a space for pregnant and new mothers who are Afghan Refugees in southeast Michigan. The SFAM program will consist of three parts:

1. Educational Workshops & Postpartum Depression Screening
2. Mental Health First Aid Training
3. New Mothers Wellness Group

**Refugee Development Center (RDC), Lansing**

*“Refugee Women’s Empowerment Circles and Networking (WECAN)”*

WECAN will provide empowerment circles once per week for two hours each session for refugee women facilitated by a trained social worker interventionist.

*“Newcomers on the Move”*

The ‘Newcomers on the Move’ program will focus on leadership development and building strong social networks.

*“Mental Wellness Education (MWE)”*

This program will provide bi-monthly group mental health and stigma reducing education.

**Treetops Collective, Grand Rapids**

*“Circles of Support”*

Treetops Collective proposed an expansion to their current Circles of Support program to reach additional refugee communities that are isolated from local resources due to barriers related to culture, language, childcare, and/or transportation. The Circles of Support program was designed to equip refugees with tools to navigate stress and trauma in the context of community, drawing on the strengths of their cultural wisdom and background.

**ACCESS, Dearborn**

*“Refugee Mental Health Literacy & Wellness”*

ACCESS proposed a three-part program that will work towards identifying and addressing barriers that refugees experience when accessing mental health services. Components include:

1. Mental Health Needs Assessment
2. Mental Health Service Provider Training

3. Expand Project AMAL: This program engages clients from a trauma-informed lens through activities and workshops that cultivate connection, discussion, and joy in a non-clinical, group setting.

### **Bethany Christian Services (BCS), Kalamazoo**

#### *“Refugee Wellness & Support”*

The primary goals of BCS’ Refugee Wellness & Support program are to, 1) ensure local mental health providers are better equipped to serve refugee clients, and 2) provide an opportunity for refugee community members to attend expressive therapy sessions, such as art therapy and dance/movement therapy.

### **Bethany Christian Services (BCS), Traverse City**

#### *“Community Connection Support Group”*

With this award, BCS – Traverse City plans to engage Uniting for Ukraine (U4U) parolees and Ukrainian refugees who are resettling in the Grand Traverse County area. The main goals of the proposed program are to 1) foster connections and support among Ukrainian community members, 2) increase Ukrainian newcomer’s mental health literacy, and 3) create partnerships with mental health providers who specialize in trauma and war and speak Ukrainian and/or Russian to provide local and/or virtual support.

### **Henry Ford Health International, Detroit**

#### *“Henry Ford Zero Suicide”*

The Henry Ford Global Health Initiative (GHI) proposed adapting the Henry Ford Behavioral Health Service (BHS) “Zero Suicide” model for Afghans who arrived in Michigan through Operation Allies Welcome. The three core components of the Henry Ford Zero Suicide program include: 1) support of regular suicide screening by all health providers at all patient touchpoints; 2) support for patients at risk for suicide with a safety crisis plan and follow-up; and 3) direct treatment of suicide in addition to treatment for underlying conditions (e.g., depression). The proposed adaptation for Afghan nationals will maintain the Zero Suicide core components, while also meeting specific needs and challenges faced within the Afghan community.

### **Afghan Family Strengthening Initiative (A-FSI)**

Three grantees:

- Jewish Family Services of Washtenaw County, Ann Arbor
- Samaritas, Troy
- St. Vincent Catholic Charities, Lansing

The Family Strengthening Initiative (FSI) was adapted from the Family-based Preventive Intervention, which was one of the first family-based mental health preventative interventions to demonstrate effectiveness in randomized clinical trials and it is an evidence-based intervention listed with the National Registry of Effective Programs and Practices. A major innovation of this program was to use evidence-based home-visiting techniques delivered by refugee peers in their native languages. The Afghan Family Strengthening Initiative (A-FSI) is being led by a joint team from the Boston College School of Social Work (BCSSW) and the University of Illinois Chicago (UIC) Department of Psychiatry.