Mood, Health, & Emotional Well-Being
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What did we do?

- Outreach event for the Arab community of SMC
- Event itinerary:
  - Sign-in
  - pre-test
  - light dinner
  - Presentations
  - post-test
  - course evaluation
- Provided child care services
- Provided interpreter services
What did we do?

- Presented on myths and barriers Arabs face re seeking services
- Provided psychoeducation on Anxiety and Depression
- Offered CBT techniques to combat sxs
- Islam presented the logistical issues in accessing services in SMC
How did it go?

- Very well!
- About 20 Arabs attended, plus non-Arabs
- Many used interpreter and child care services
- Most inquired about upcoming events
What did we find?

- Most attendees were unaware of how to access services, or that they were even an option
- Most unaware of community sources of support
- Some shared self-care strategies
- Many fear they’d be misunderstood if they accessed services
Recommendations for BHRS

- Maintain connection with Arab community
- Ensure staff are trained in cultural humility around working with Arab/Muslim clients
- Continue hosting events, possibly in partnership with Westmoor High School again
- Conduct county wide training on Arabs or Muslims