



Mood, Health, & Emotional Well-Being

Sarah Tabbarah, M.S.
Islam Hassanein

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 sx's
- 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