

Community-based Wellness:

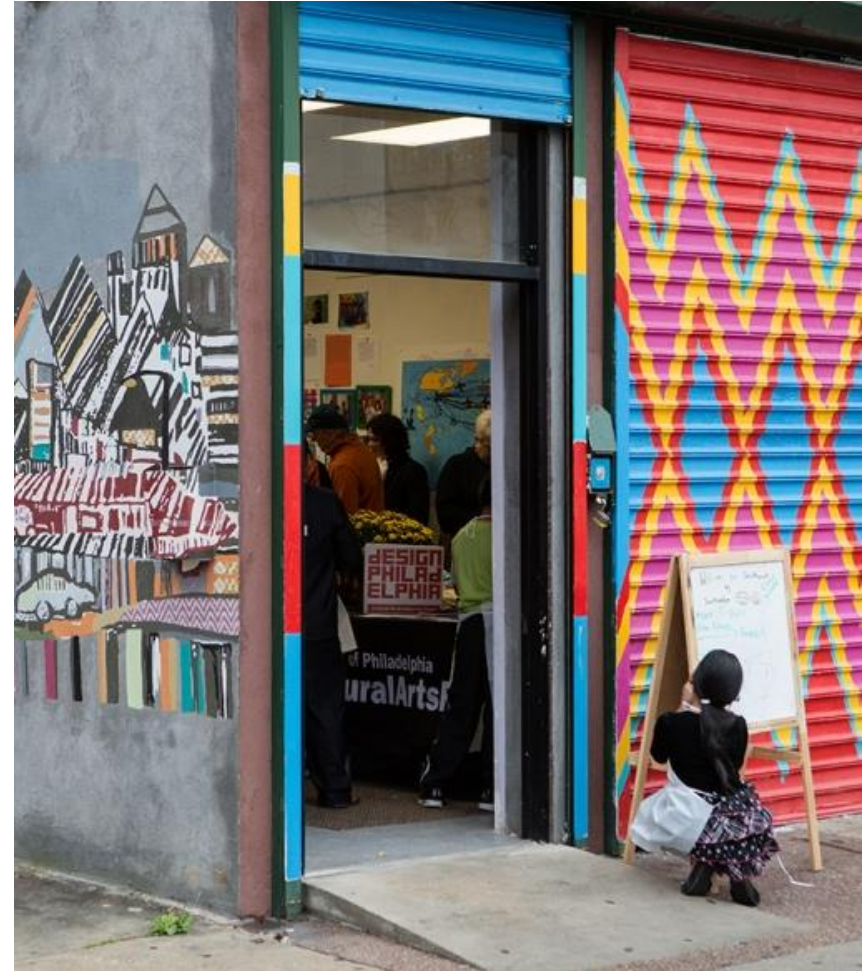
**Philadelphia Refugee Mental Health
Collaborative**

Philadelphia Refugee Mental Health Collaborative

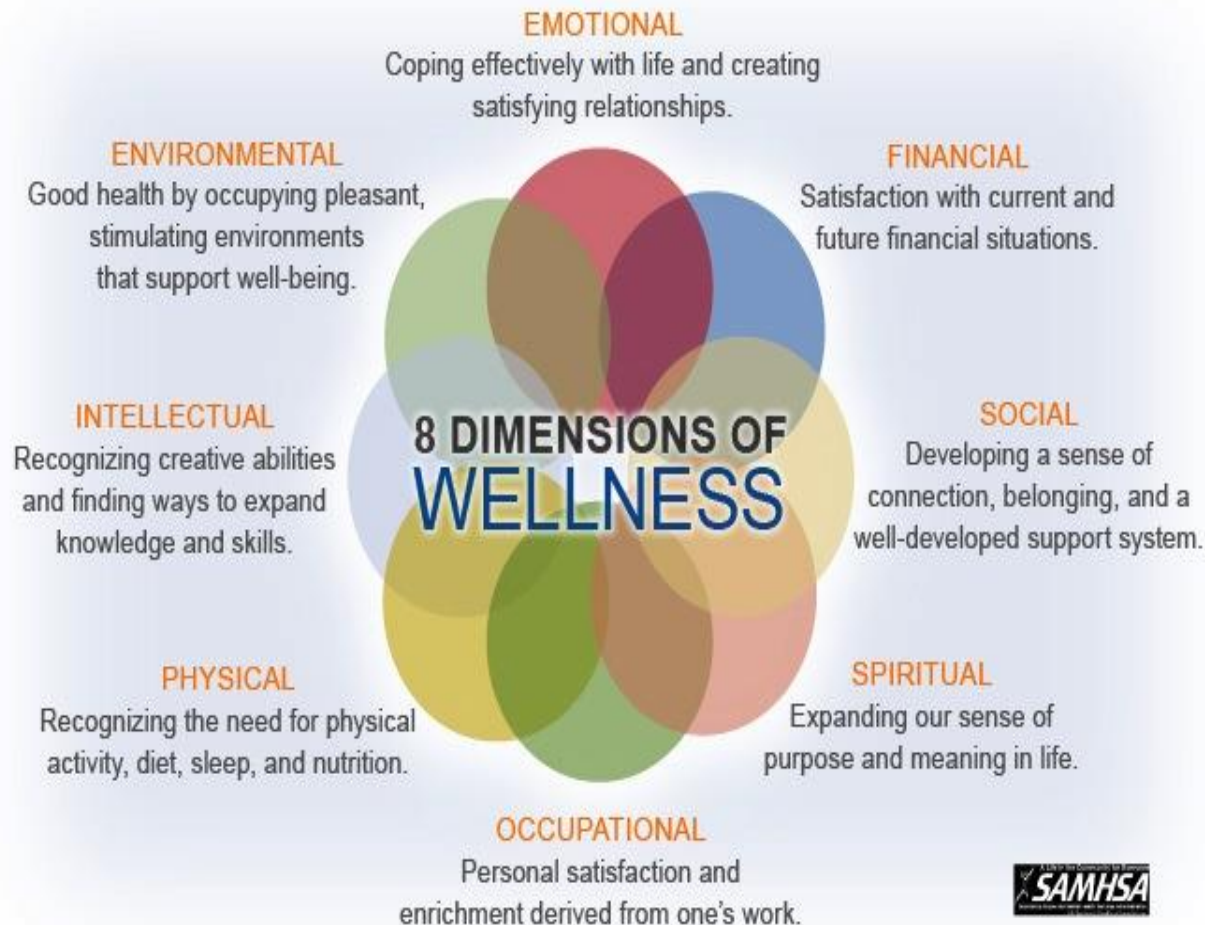
Multidisciplinary team of resettlement, medical, mental health, educational and arts professionals addressing mental health through a wellness model.

Operating in tandem with programs and out of a refugee-focused community center that provides daily wellness and educational programming, free of charge, for refugee families.

- **Education and Capacity Building**
- **Healing Interventions**
- **Community Programming**



Wellness-focused work



Framework is not threatening or intimidating

- 8 Dimensions of Wellness (SAMHSA)
- Holistic approaches
- Allows to us to “meet” people where they are
- Emotional, Financial, Social, Spiritual, Occupational, Physical, Intellectual, Environmental

Post-Resettlement Programs/Service Structure

■ Populations:

- Burmese, Bhutanese, Iraqi, Congolese, others

■ Current Programming:

- Free ESL
- Homework Help
- Burmese and Bhutanese Senior Programs
- Afterschool Arts Education
- Burmese and Iraqi Women's Groups
- High School Mural Arts and Literacy Class
- Women's Refugee Textile Initiative
- Burmese, Bhutanese, Iraqi and Congolese Children and Family Art Therapy
- Mural Arts Community Outreach
- Mental Health Screening and Referral

Post-Resettlement Service Timelines

- **Community Programming** – Any point, walk-in basis (though can do direct outreach in Karen, Chin, Burmese, Nepali, Arabic)
- **Mental Health Referrals** -- During resettlement, defer to Case Manager. We can help connect to treatment and programs as needed post-resettlement

Eligibility Criteria & Service Limitations

- All eligible, some programs population specific.
- Location in Southeast Philadelphia, Northeast Library
- Language limitations: Concentrated on Nepali, Burmese, Karen, Chin, Arabic speakers (though expanding to work with Congolese)

Referral Process

- Online referral form: <https://prmhc.lcfsinpa.org> for support with community and clinical mental health referrals
- Google calendar: <http://www.culturalcommunities.org/partnerresources> for community classes and activities
- Formal release and enrollment required only for mental health screening and referrals.
- Care facilitation: Current capacity for 1-2 mental health appointments, support with escorting as needed and available

Current and Ongoing Research Activities

- RHS-15 Implementation and Utilization
- Mental Health Orientation
- Qualitative Research Methods in Refugee Mental Health
- Site-based Program and Service Evaluation

Contact Information, Business Hours & Location

Location: 2106 S. 8th Street—
Southeast by Southeast
Community Center

- See <http://www.culturalcommunities.org/partnerresources/> for current calendar and schedule. SE x SE open and staffed as needed with scheduled activities

Contact Information:

- Professional Development and training--**Melissa Fogg**, program Coordinator.
 - 215-429-1240
 - melissaf@lcfsinpa.org
- Clinical or Community Mental Health referrals-- **Peggy Fulda**, case manager.
 - 484-838-9458
 - margaretf@lcfsinpa.org

