



# Outreach Newsletter

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We want to know what you think about this project activity. Please visit the survey link below and provide your evaluation of the SomaliCAN Outreach Newsletter.

<https://www.surveymonkey.com/s/SomaliCANnewsletter>

**The ‘Western’ disease: a call to action to assist families in the Somali diaspora impacted by Autism  
Cudurka “Reer Galbeedka”: Sida wax loogu qaban karo loona caawin karo qoysaska Soomaalida  
qurbaha ee uu helay Autims-ka.**

Talk to a Somali-American anywhere in the US. Chances are high that they know of a child and/or children who are on the Autism Spectrum. Many Somali mothers have been impacted by a diagnosis, which is unfamiliar to many in the community, and have struggled in accessing resources, in large part due to linguistic and cultural barriers. How can we better support Somali parents in their care for their children with Autism?

In the last few years, there have been several news reports concerning elevated levels of Somali children with Autism, in Minneapolis, Minnesota. In 2008, Idil Abdul, a mother of a child with Autism, expressed her concerns at increased rates of Autism amongst Somali children in Minnesota.

This set off a chain of reports looking into prevalence rates of Autism amongst Somali children in Minnesota, which culminated with a 2013 report which found that 1 in 32 Somali children aged 7-9 years in 2010 were identified as having Autism in Minneapolis.

Continued on page 3...

Bal la hadal qof Soomaali ah oo meeshii uu doono ka jooga Maraykanka. Waxay u dhowdahay in uu yaqaanno cunug ama carruur qaba Autism. Hooyooyin Soomaaliyeed oo badan ayuu gaaray cudurkan, oo aysan aqoon u lahayn bulshada inteeda badan, oo la daalaa dhacaya in ay helaan adeegyo, taasoo ay ugu wacanyihiin caqabado luuqadda iyo dhaqanka ka haysta. Sidee baa ugu wanaagsan oo aan uga caawin karnaa waalidiinta Soomaaliyeed si ay u daryeelaan caruurtooda qaba autism-ka?

Dhowrkii sano ee ugu dambeeyay, waxaa soo baxay dhowr warbixinood oo cuscusub oo ku saabsan sida uu ugu badanyahay Autism-ku carruurta Soomaaliyeed ee Minneapolis, Minnesota. Sanadkii 2008, Idil Abdul, oo hooyo u ah ilmo qaba autism ayaa welwel ka muujisay tirada badan ee Soomaalida Minnesota ee qabta Autism-ka.

Tani waxay horseedday warbixino taxane ah oo lagu baarayo tirada carruurta Soomaalida Minnesota ee qabta Autism-ka; waxayna isugu soo biya-shubteen warbixintii 2013kii ee lagu ogaaday in 1 ka mid ah 32 walba carruurta Soomaaliyeed ee jira 7-9 sano sanadkii 2010 lagu sheegay Autism magaalada Minneapolis.

Eeg bogga 3.

## ...The Western Disease Cudurka Reer Galbeedka...

The study also found that the average age of diagnosis was age 5, and that Somali children were more likely to have an intellectual disability, than children from other ethnic groups (Hewitt et al., 2013). Increased numbers of Somali children with Autism have also been reported in Sweden (see Barnevik-Olsen, Gillburg, & Fernell, 2008).

In Somali communities throughout the diaspora, Autism is referred to as the ‘Western disease’; many Somalis argue that Autism did not exist in Somalia. Due to a constellation of factors including limited English skills, cultural miscommunication between professionals and families, and a lack of knowledge about Autism and services out there, a diagnosis of Autism for Somali parents can be quite an isolating, and terrifying experience.

In a recent study on the experiences of Somali-Canadian mothers of children with Autism, parents expressed that language and cultural barriers impeded them from developing relationships with professionals (Kediye, 2007).

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Baarista waxaa kale oo lagu ogaaday in cecelis ahaan da’da lagu asteeyo ay 5 jir tahay, oo ay carruurta Soomaalida ku badantahay naafannimada caqliga marka loo eego carruuraha kale (Hewitt et al., 2013).

Tiro badan oo carruur Soomaaliyeed oo qabta autism ayaa laga soo sheegay dalka Sweden (eeg Barnevik-Olsen, Gillburg, & Fernell, 2008).

Jaaliyadaha Soomaalida ku dhaqan qurbaha ayaa waxay autismka u yaqaannaan “cudurka Reer Galbeedka”, waxayna Soomaali badan ku doodaan in uusan autism ka jirin Soomaaliya. Waxyaabo badan awgood, sida Ingiriiska oo af qalaad ah, is faham waa dhaqan ku salaysan oo u dhexeeya xirfadlayaasha iyo qoysaska, iyo ogaal la’aan adeegyada autismka ee diyaarka ah, in lagu sheego autism ilmaha waxay waalidka ku noqon kartaa arrin ay la qaloodaan oo ay la muraar dillaacaan. Baaritaan lagu sameeyay xaaladda waalidka dhalay caruur qabta autism ee Soomaalida Kanada, waxay waalidiintu sheegeen in caqabado dhanka afka iyo dhaqanka ah ay ka horjoogsadaan in ay xiriir la samaystaan xirfadlayaasha (Kediye, 2007). Eeg bogga 4.

## ... The Western Disease Cudurka Reer Galbeedka...

These factors coupled with a lack of cultural sensitivity from professionals, left parents feeling helpless. Families also stated humiliation when in public with their children, including stares from strangers and unsolicited advice from strangers (Kediye, 2007). For some families the stress can be overwhelming to the point where it's easier to seclude themselves and remain at home with their children. This is a painful reality; in my own practice, for every family I work with, there are five more who remain at home with their child due to fear of stigmatization and stress from navigating our complex healthcare system. From the professional side, there is a lack of understanding of Somali culture and challenges faced by Somali families impacted by Autism. This can at times lead to actions, which may be misinterpreted as culturally insensitive. From the side of Somali families, there is: (1) a lack of knowledge about Autism, (2) about services available and how to access them, and (3) access issues; due to several constraints (e.g., lack of transportation, lack of childcare) many families are unable to make it to clinic appointments.

...Continued on Page 5.

Arrimahan oo ay sii dheeryihiin shaqaalaha caafimaadka oo aan ka warqabin arrimaha dhaqanka ayaa horseeday in waalidku ay dareemaan in aan wax lala qabanayn. Waalidku waxay kale oo dareemeen yaxyax markii ay ilmahooda dadka la dhex joogaan, sida in ay ku dhaygagaan dad qalaad iyo in ay waano la soo doontaan dad aysan is aqoon (Kediye, 2007). Qoysaska qaar cadaadiska ayaa ku bata illaa ay sahal la noqoto in ay keli noqdaan oo ilmahooda guriga ku haystaan. Arrintan waa dhibaato jirta; shaqadayda ankee, qoys walba oo aan la shaqeeyo, waxaa jira shan kale oo ilmahooda guriga ku haysta iyaga oo ka cabsi qaba in la takooro ama ay ku dhibaatoodaan raadinta adeegyada caafimaadka ee adag. Marka aan ka eego khibraddayda, waxaa jirta faham la'aan dhaqanka Soomaalida iyo dhibaatooyinka ay la kulmaan qoysaska Soomaaliyeed ee uu ku dhaco autism. Waxaa ka dhasha in mararka qaarkood dadkaas loola dhaqmo si dhaqankooda aan ku suubbanayn. Dhanka qoysaska Soomaalida ah, waxaa jira (1) aqoon la'aan autismka ah (2) adeegyada diyaarka ah iyo sida looga faa'iidaysto (3) caqabado galaangalka ah; oo ay sal u tahay (tusaale ahaan gaadiid la'aan iyo xannaano la'aan) qoysas badan ma tegi karaan ballamaha dhakhtarka. Eeg bogga 5.

## ... The Western Disease Cudurka Reer Galbeedka...

There is an urgent need to better understand the needs of the Somali community, and follow that up with culturally relevant diagnostic and intervention measures.

What can clinicians, teachers, activists and others who are interested in assisting the Somali community do? The May 2015 edition of Outreach will carry practical tips for families to access existing resources as well as ways in which professionals can become more knowledgeable about Somali culture in order to develop culturally responsive treatments and community engagement strategies.

Source: The Somali Literacy Project.

For more information, please visit:  
<http://thesomaliliteracyproject.com/>

Waxaa jirta baahi degdeg ah oo in la fahmo baahida bulshada Soomaaliyeed ah, oo la diyaariyo hawlo dhaqan ahaan suuban oo lagu ogaanayo cudurka waxna looga qabanayo.

Maxay qaban karaan shaqaalaha caafimaadka, macallimiinta, dadka u dhaqdhaqaaqa bulshada iyo dadka kale ee daneeya in ay caawiyaan bulshada? Wargeyska Outreach caddadkiisa Maajo ayaa faahfaahin doona adeegyada diyaarka ah, sida looga faa'iidayo karo iyo siyaabaha ay xirfadlayaasho ku heli karaan aqoon dheeri ah oo ku saabsan bulshada Soomaaliyeed isla markaana u diyaarin lahaayeen adeego waafaqsan dhaqanka si loola samaysto bulshada Soomaaliyeed xiriir wanaagsan.

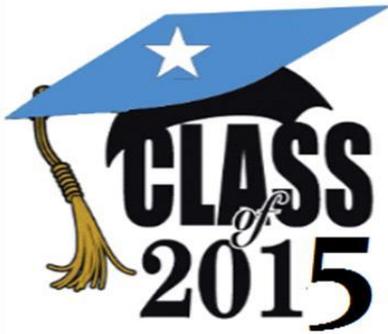
Isha: The Somali Literacy Project

Faahfaahin dheeri ah ka eeg:  
<http://thesomaliliteracyproject.com/>

Waxaan danaynaynaa aragtidaada ku aaddan mashruucan.  
Fadlan booqo bogga shabakadda hoose oo nala wadaag  
sida aad u aragto wargeyska SomaliCAN Outreach:

<https://www.surveymonkey.com/s/SomaliCANnewsletter>

## Somali Graduation and Scholarship Program



# The 6th Annual Ohio Somali Graduation & Scholarship Program



Columbus, OH "...Celebrating Academic Excellence"

You are cordially invited to the 6th annual Ohio Somali Graduation and Scholarship Dinner:

**June 14, 2015 @ 6:00pm—11:00pm**

**Hilton Columbus at Easton 3900 Chagrin Drive, Columbus, OH**

Community Dinner, Scholarships, Recognition Awards and Networking Opportunities

**Featured Speaker: Dr. Michael V. Drake, OSU President**



For more information, please contact the organizing committee:  
 Phone: (614)439-3034 E-mail: mohamed.196@osu.edu

**GRADUATING STUDENTS: PLEASE BRING A COPY OF YOUR FINAL TRANSCRIPT FOR SCHOLARSHIP CONSIDERATION.**

## Job of the Month

### **Service Coordinator, Help Me Grow Program** [Community Refugee and Immigration Service \(CRIS\)](#)

Description: Full-time, 40 hours/week

Benefits: competitive hourly wage, medical/dental/vision insurance eligibility, flexible spending account (FSA) program, paid time off, 403b tax-deferred retirement savings option, direct deposit, training opportunities

Essential Job Functions:

Assist families with children age birth to three who have been determined to have a developmental delay or have been diagnosed with a medical condition that can lead to a developmental delay

Conduct home visits in order to screen children, refer to providers, provide support and education

Create and implement an IFSP - Individualized Family Service Plan

Translate IFSP if necessary

Coordinate services for referrals, evaluations, monitoring, advocacy etc.

Develop, update and maintain records on clients

Attend all required trainings, HMG and CRIS meetings, conferences, workshops etc.

Complete skills inventory with clinical supervisor's approval

Education Requirements:

Hold at least a bachelor's degree from a council on higher education accredited college or university in one of the following fields of study: child development; child life; education inclusive of early childhood, pre-kindergarten, elementary education, deaf or hearing impaired, blind or vision impaired, special education, or family life education; hearing and speech sciences or speech-language pathology; human development or human ecology; human social services; nursing; occupational therapy or occupational therapy assistant; medicine; physician assistant; physical therapy or physical therapy assistant; psychology; counseling; or social work.

Work Experience and Skill Requirements:

Two years experience working with children birth through 3 years

Have a service coordination credential issued by Ohio Dept. of Health (or willing and able to obtain immediately upon of hire)

Strong written and verbal communication skills in English

Strong computer skills (including working within the Early Track data management system and working with portable technology such as netbooks, etc.)

Manage multiple tasks, organize excellently

Able to work independently within a team

Have a valid Ohio driver's license, liability insurance, and access to reliable transportation

Participate in required background check

Work Experience and Education Preferences:

Prefer experience with Help Me Grow

Prefer strong written and verbal communication skills in a primary language/s of clients (Spanish, Somali, Arabic, Nepali)

Prefer individual with experience providing developmental evaluations for children to determine eligibility for the program.

## Central Ohio Community Resources

### Police:

Emergency: 9-1-1

Non-emergency: 614-645-4545

Sheriff: 614-462-3333

### Mental Health Crisis:

Netcare Access: 614-276-2273

### Poison Control: 1-800-222-1222

Columbus Health Department

Free Clinic: 614-240-7430

### Legal Matters:

Legal Aid Society: 614-241-2001

### Child Abuse and Neglect:

FCCS: 614-229-7000

### Housing:

CMHA: 614-421-6000

### Information and Referral:

HandsOn: 614-221-2555 or 211

### Somali Services

#### SomaliCAN

614-489-9226

[www.SomaliCAN.org](http://www.SomaliCAN.org)

The Omoleky Law Firm

614-441-5305

## SOMALICAN SERVICES:

### Health Communication and Literacy:

- Patient education
- Prescription access
- Cultural competency training
- Information & Referral

### Community Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Scholarships
- Annual Graduation
- Crime Prevention
- Disaster Preparedness

### SomaliCAN Outreach Newsletter:

- Monthly bilingual newsletter
- Advertisements
- Articles
- Cultural Competency
- Research
- Legislation
- Developmental Disabilities

### Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

### Somali Interpretation & Translation:

Do you require highly qualified legal interpreters and translators in an Ohio court, law office, federal agency or other venues? SomaliCAN is the most reliable source of highly competent professional Somali court /legal interpreters and translators in Ohio and around the United States and globally.

Please contact a SomaliCAN specialist today. SomaliCAN provides interpretation and translation in social services, medical, legal, academic and financial settings.

## SomaliCAN

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