



Outreach Newsletter

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1. **Perceptions of Disability in the Somali Diaspora:** *“March is Developmental Disabilities Awareness Month! The National Association of Councils on Developmental Disabilities (NACDD) and the Ohio DD Council encourages everyone to help raise awareness by sharing ways people with and without developmental disabilities make contributions to their communities side-by-side. Sirad Shirdon, a PhD candidate and a Speech Language Pathologist wrote the following article to raise awareness about developmental disabilities.”*2-6
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Qormooyinka Caddadka

1. **Aragtida Soomaalida Qurbaha ee Curyaanimada:** *“Maarso waa Bisha Aqoonsiga Naafada Korriinka! Ururka Qaran ee Golayaasha Naafada Korriinka (NACDD) iyo Golaha DD Ohio ayaa ku dhiirrigelinaya qof walba in uu gacan ka geysto sare u qaadidda wacyiga dadka qaba naafannimada iyo kuwa aan qabinba. Siraad Shirtoon oo diyaarinaysa shahaahadad ugu sarreysa ee PhD oo ku takhasustay cudurrada hadalka ayaa qortay maqaalkan si sare loogu qaado wacyiga ku saabsan naafada korriinka.”*2-6
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Improving perceptions of disability in the Somali diaspora Hagaajinta Ra'yiga Qurbajoogta Soomaaliyeed ee Naafannimada

Sirad Shirdon

It's clear that there is a stigma attached to disability in the Somali community. Some parents keep their children with developmental disabilities at home, fearing that if they're in the public eye, they will be the talk of the community and the family will be looked down upon. This is not a new outlook, adopted while in the diaspora, as even in pre-civil war Somalia, Somalis with developmental disabilities were often hidden from their communities. Moreover, other Somalis believe that disabilities are from Allah and nothing can be done to change the conditions of these children. This outlook stops parents short from reaching out for help from schools, doctors, or therapists, as they don't believe the situation will be bettered. While Islam does indeed teach us that everything is from Allah, we also learn that if someone is ill, we should do everything possible to assist them. It is time that we had an open and honest discussion about disability, about the resources available to disabled children and their families, and how we can ensure that all Somali parents feel secure within their communities, regardless of the medical condition of their children. To begin, I wanted to define some terms to assist you in understanding the issues this article seeks to raise. Developmental disabilities are disabilities that leave affected individuals with impairments in the following areas: physical, learning, language or behavior. These disabilities typically show up before the age of 18 and impact individuals for the whole span of their lives.

Continued on page 3...

Waa arrin dhammaanteen aynu ka dharegsannahay oo iska cad in bulshada Soomaaliyeed ay aragti xun ka haysato guud ahaan naafada gaar ahaanna naafannimada korriinka. Waalidiinta qaarkood ayaa caruurtooda naafada korriinka leh ku celiya guriga, iyaga oo ka baqaya in haddii ay bannaanka geeyaan ay qabtaan indhaha dadweynahu, oo ay dadku ku sheekeystaan, markaasna qoyska lagu caayo ilmahooda xanuunsan. Tani ma aha aragti cusub, oo qurbajoogta ku e gee xitaa Soomaaliya waa la qarin jiray carruurta qabta naafannimada korriinka. Waxaa intaa dheer, Soomaali badan ayaa aaminsan in naafannimada korriinku ay tahay wax aan waxba laga qaban karin oo aan la hagaajin karin xaaladda nololeed ee carruurta qabta naafannimada korriinka. Waxay dadkaasi ku doodaan in naafannimadu ay tahay qaddarta Ilaahay oo aan waxba laga baddeli karin. Diinta Islaamku waxay na bartay in Ilaahay uu siduu doono yeeli karo, waxyaabo bandanna aan ku khasbannahay in aan Ilaahay u deyno oo u dulqaadanno. Waxayse kale oo diinta Islaamku ina bartay in aynu dedaalno oo qofkii xanuunsan la daaweeyo. Waxaa la joogaa waqtigii la samayn lahaa wada hadal furan oo daacad ah oo ku saabsan naafada oo bulshada Soomaaliyeed ee qurbajoogta ah dhexmara, si loo helo macluumaadka adeegyada diyaarka u ah carruurta naafada ah iyo qoysaskooda, iyo si aannu u hubinno in dhammaan waalidiinta Soomaaliyeed la fahamsiiyo waxa laga qban karo xaaladda caafimaad ee dhallaankooda.

Eeg bogga 3.

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Conditions which fall under this category include Autism, Attention Deficit/ Hyperactivity Disorder (ADHD), Learning Disability, Cerebral Palsy and Down's syndrome. Developmental delays also indicate the above, but only last temporarily. For example, a child who is not speaking by the age of 4 would be classified as developmentally delayed, but that label would disappear once they begin talking. Astonishingly, the Centers for Disease Control and Prevention reports that 1 out of every 6 children in the United States is affected by a developmental disability or disorder (2013).

Some in our community continue to feel that there is stigma attached to having a family member with special needs. If we are to use our own clinic as a sample of the greater Somali community, it is clear that some parents tend to look the other way when informed that their child has a developmental disability. While some families are accepting of such a diagnosis and are keen on assisting their child in any way possible, others deny that there is anything wrong with their child. "There is nothing wrong with my child" is a common refrain I hear from some families whose children have been diagnosed with a developmental disability. For young children with special needs, a common recommendation for parents is to enroll their child in special needs preschool, preschools equipped with various different therapies (including speech therapy and physical therapy). Continued on Page 4.

Si aad u bilaabaan, waxaan rabay in la qeexo shuruudaha qaar ka mid ah si uu kaaga caawiyo fahamka arrimaha qodobkan oo doonaya in kor loo qaado. Naafada ah Developmental yihiin naafada ah in ka tago qofka dhibaataadu saamaysay qaba naafo ah meelaha soo socda: jireed, waxbarasho, luqadda ama dhaqanka. Naafada ah ku leeyihiin tusin ka hor da'da 18 iyo saamayn shaqsiyaadka u taako oo dhan oo noloshooda ah. Xaaladaha taas oo hoos this category ka mid ah Autism, Attention Deficit / Hyperactivity Disorder (ADHD), Learning Disability, Suux iyo Down Syndrome. Dib u dhac Developmental sidoo kale tilmaamaya kor ku xusan, laakiin ku meel gaar ah oo keliya. Tusaale ahaan, ilmaha oo aan ku hadlaa da'da 4 loo kala saari lahaa sida koorinkoodu, laakiin calaamad in baabi'i doono marka ay bilaabaan hadalka. Layaab, Xarumaha Xakamaynta iyo Kahortagga Cudurrada ayaa sheegay in 1 ka mid ah 6 carruur ah oo dalka Mareykanka ah waxaa saameyn ku naafo garasho ama disorder (2013).

Qaar ka mida bulshadeenna ay sii wadaan in ay dareemaan in ay jirto dhaleeceynta ku lifaaqan isagoo tirsan qoyskaaga oo qaba baahida gaarka ah. Haddii aynu nahay inay isticmaalaan rugta noo gooni ah sida tijaabada ah ee beesha ka weyn Somali, waxaa iska cad in waalidiinta qaar ka mid ah waxay doorbidaan inay eegto hab kale marka wargeliyaa in ay u ilmahaagu leeyahay naafannimo korriinka ah. Inkastoo qaar ka mid ah qoysasku ay aqbalaan ee sida ogaanshaha iyo ayaa isha ku caawinta ilmahooda si kasta Eeg bogga 4.

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This alone is considered to be shameful and some parents will refuse the recommendation, on grounds that their child is just fine. And yet, these families are the ones who voluntarily seek assistance for their children. What of the countless other families who do not know there are services out there to assist their children? Or worse, families who know there are services, but would rather keep their child at home due to societal stigma around disability?

In order to combat this situation, we should be targeting the misperceptions that exist within our community about disability, which create an environment where some parents of children with disabilities feel ashamed. Being the parent of a special needs child can be a trying and socially isolating experience, even for those parents who have accepted their child's condition. Some parents do not feel they can attend common social functions with their child (e.g. weddings, the masjid etc.) due to some of their child's behaviors and will often stay home. These mothers are often exhausted, and are typically in a cycle of caring for their special needs children, while addressing the (innumerable) needs of other children in the home. At times, these mothers are left with little -if any- energy to take care of their own needs, which only worsens the situation. Some parents, mistakenly believing that environmental factors are to blame for their children's disability, relocate to East Africa believing that their children will spontaneously recover if they are in what is considered to be a more natural environment. ...Continued on Page 5.

Waayo, carruurta yaryar ee leh baahida khaaska ah, talo midaysan oo loogu talagalay waalidiinta waa in ay ilmahooda ku qoraan preschool baahida gaarka ah, iyo barbaarinta carruurta leh qalab kala dhuwan kala duwan (oo ay ku jiraan daaweynta hadalka iyo daaweynta jidh ahaaneed). Tani keligaa ayaa loo arkaa in Xumaan iyo waalidiinta qaar diidi doonaa talo ah, oo ku salaysan in ilmahooda waa wanaagsanyahay. Oo weliba, qoysaska, kuwaas waa kuwa iskood ah raadsato taageero carruurtooda. Maxaa ka mid ahaa qabiilooyinkii kale xad-dhaaf ah oo aan aqoon intaa waxaa jira adeegyo jiraan in ay caawiyaan carruurtooda? Ama ka xun, oo qoys kuwaas oo la ogaado inay jiraan adeegyo, laakiin halkii ay sii wadayaan taageerada ay ilmaha guriga ay sabab u tahay cambaaraynta ah oo bulshada uga agagaarka naafada? In si loola dagaallamo xaaladan, waa in aan la beegsanayo ra'yiga xun ee ka jira bulshada dhexdeeda oo ku saabsan naafada, kaas oo la abuurto jawi halkaas oo waalidiinta qaar ka mid ah carruurta naafada ah dareemaan ceeb. In aad waalid ee carruurta baahiyaha gaarka ah waxay noqon kartaa mid ah isku dayaya iyo bulsho ahaan la takooro waayo-aragnimo, xitaa kuwa waalid ka aqbalay xaalada caruurtooda. Waalidiinta qaarkood ma dareemaan ma waxay xaadiri karaan hawlaha caadiga ah bulshada la yeeshaan ilmahooda iyaga (tusaale, aroosyada, ugu masjid iwm) ay sabab u tahay qaar ka mid ah dabeecadaha ilmahooda iyo inta badan guriga ku sii joogi doono. Eeg bogga 4.

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Many of these families return several years later to finally receive assistance for their children, when matters have only been exacerbated because of the lack of early intervention.

What can you do?

- Learn about developmental disabilities and become familiar with the resources available to affected children and their families.
- If you have family/community members with a developmentally disabled child, extend your assistance.
- If you are hosting a community event or know of an event, make sure that you are including all families, including families with special needs children.
- Learn about parent support groups and/or advocacy organizations in your community and connect families with them. These groups lobby for the rights of disabled children, provide supports for parents of disabled children and seek to improve societal perceptions of disability.
- If you're a parent of a disabled child who has a keen understanding for the medical and educational systems, consider starting a parent support group.
- Are you or someone you know apart of Somali media? Encourage them to cover this issue on their radio programs, TV shows, articles etc. ...Continued on page 6...

Waxaa inta badan daallan, oo waa caadi in wareegga ah ee daryeelayo ay carruurta baahiyaha gaarka ah, halka ka qabashada (tirin karin) baahida carruurta kale ee guriga. Ugu jeer, hooyooyinka kuwaas oo ku hadhay tamarta -Haddii yar dhaca qof kasta oo si is ogow of baahidooda u gaarka ah, taas oo kaliya oo ka sii daraysa xaaladda. Waalidiinta qaarkood, si qalad ah Mu'minaadka ah in jawiga deegaanka loo aanayn karo naafada carruurtooda, dib u East Africa Mu'minaadka ah in carruurta ay si lama filaan ah ka soo kaban doonaan haddii ay ku jiraan waxa loo arkaa in ay deegaan ka badan dabiiciga ah. Qoysas badan oo kuwan soo laaban dhowr sano ka dib si ay ugu dambeyntii helaan gargaar carruurtooda, marka arrimaha waxaan uun la sii darey sababtoo ah la'aanta ah ee faragelinta hore.

Maxaad qaban kartaa?

- Baro oo ku saabsan naafada korriinka oo wax ka baro khayraadka la heli karo in carruurta ay saameeyeen iyo qoysaskooda.
- Haddii aad qabto xubnaha qoyska / beesha la ilmaha koboc ahaan naafada ah, dheereynayo gargaar.
- Haddii aad ku martigelin dhacdo bulsho ama u ogaato dhacdo, hubi in aad ka mid yihiin dhammaan qoysaska, oo ay ku jiraan qoysaska carruurta leh baahiyaha gaarka ah.
- Baro oo ku saabsan kooxaha taageerada waalidka iyo / ama Hay'adaha u dooda ee bulshada iyo iskuxirka qoysaska siday iyaga. Kooxahani waxay u qalqaaliyaan xuquuqda carruurta naafada ah, bixiyaan taageero ee waalidka caruurta naafada ah iyo dooni si loo horumariyo fahamka bulshada ka mid ah naafada. ...Eeg bogga 6...

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- Somali media outlets (particularly TV) have played their part in facilitating awareness by hosting parent advocates, which has been helpful in educating our communities and reducing stigma. But more can be done!
- If you're a concerned community member, an individual with a disability or a family member of a child with a disability, consider taking a training course, designed to teach individuals the skills they need to advocate for themselves. Such courses will teach you everything from how to navigate the school system to how to lobby local politicians to improve laws for the disabled. One example of such an organization is Partners in Policymaking (<http://mn.gov/mnddc/pipm/>).

I am hopeful that this article will highlight the urgency of increasing awareness of developmental disabilities within our community and providing assistance to families with children with special needs.

Haddii aad tahay waalid u ah ilmo naafo ah oo garasho ah isha la siiyo nidaamyada caafimaadka iyo waxbarashada, tixgelin bilaabo koox taageero waalid.

- Ma waxaad tahay ama qof kale oo aad gooni u ah warbaahinta Soomaaliyeed ogaado? Ku dhiiri geli si ay u daboosho arrintan ku saabsan barnaamijyada ay raadiyaha, sida uu muujinayo TV, articles iwm warbaahinta Soomaaliyeed (gaar ahaan TV) ayaa ciyaaray ay qayb ka qaataan fududeynta wacyi by u dooda waalidka martigelin, taas oo ahayd waxtar leh in la baro bulshooyinkeena iyo dhimista ceebeynta. Laakiin dheeraad ah oo la samayn karaa!

- Haddii aad tahay xubin ka mid ah bulshada ay khusayso, shaqsi gaar ah oo naafo ah ama xubin qoyska ka mid ah ilmo naafo ah, ka fikir in aad qaadato koorso tababar ah, loogu talagalay in lagu baro shaqsiyaadka xirfadaha ay u baahan yihiin si ay ugu doodaan nafsaddooda. Koorsooyinka noocan oo kale ah idin bari doonaa wax walba ka sida nidaamka dugsiga si sida loo ololeeyo siyaasiyiinta maxalliga ah si loo hagaajiyo sharciyada ee dadka naafada ah. Mid ka mid ah tusaale ahaan ka mid ah sida urur waa Partners in siyaasad (<http://mn.gov/mnddc/pipm/>).

Waxaan ku rajo weynahay in qoraalkani uu iftiimin doonaa sida degdegga ah ee kor u qaadidda wacyiga Naafada Korriinka bulshada dhexdeeda iyo gargaarsiinta qoysaska caruurta leh baahida khaaska ahay.

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Summer Intern Coordinator at WrightChoice

WrightChoice, a Columbus youth service organization is seeking to hire a Somali college student as a summer youth as a Summer Intern Coordinator. The duties of this individual will be:

- a. To recruit students from targeted populations in local high schools, colleges/universities, and surrounding communities
- b. Conduct pre-eligibility telephone screenings
- c. Assist students with completing the application and income eligibility paperwork
- d. Ensure all students schedule and complete the work readiness training
- e. To meet with the students, review and critique their resumes, conduct mock interviews and provide feedback, assist with the application process, coach them in career preparation
- f. Ensure accuracy of documentation
- g. Work closely with Employment Specialist to ensure employer/intern fit
- h. Maintain close contact with worksite supervisors and students while they are interning, perform periodic site visits and follow up calls
- i. Ensure completion of all employer documentation ie evaluations
- j. Attend meetings to present outcomes with the Executive Director as needed.

Skills required to be successful include:

Detail oriented, detail oriented, detail oriented, passion for youth development, excellent communication both written and verbal, thorough and organized, mature and professional attitude, ability to work under pressure, driven by goals and outcomes, the ability to multitask, experience with resume development and interviewing strategies are a plus, overall must be a team player looking for an exciting opportunity to impact the community and have fun while doing so! Must have reliable transportation.

ARE YOU THE WRIGHTCHOICE?!

All majors considered.

Please forward this information to fellow students and others that may be interested. Candidates must send their resume to joinwc@wrightchoice.org subject line "Intern Coordinator". First round deadline Friday March 20th.

This position will tentatively start April 1 (April hours are flexible) May through August will be 30-40hrs per week. Paid.

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

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:

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Funded by the Ohio Developmental Disabilities Council under the Developmental Disabilities Assistance and Bill of Rights Act, Public Law 106-402.

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