

Muslim American Society Social Services Foundation

MAS-SSF



MAS-SSF Mission and Vision

- ▶ **Mission :** Muslim American Society-Social Services Foundation is a non-profit that aims to aid families at large and the Muslim community in particular with their social services needs.

- ▶ **Vision:** The Muslim American Society-Social Services Foundation strives to be at the forefront of the community's social services needs and to support the community in attaining the overall well-being of individuals and families

Muslim American Society Social Services Foundation MAS-SSF

- ▶ MAS-SSF began providing social and mental health services with a handful of dedicated and committed individuals on May 5, 2007
- ▶ MAS-SSF under the umbrella of Muslim American Society (MAS) has introduced several projects over the years
- ▶ Programs (only 1 funded at 75%)
 - ▶ Shifa for Today Peer Counseling
 - ▶ Al- Afia for Seniors (Wellness for Seniors)
 - ▶ AMALA Youth Hopeline
 - ▶ Community Education

MAS-SSF Board Of Directors and Staff

▶ Board of Directors

- ▶ Tamer Ahmed, President
- ▶ Nassiba Cherif (MFT), Vice President
- ▶ Anjum Keval, Treasurer
- ▶ Maha Ead, Secretary
- ▶ Durriya Syed, Member at large
- ▶ Laurel Benhamida (PhD), Member at large

▶ Staff/Consultants

- ▶ Gulshan Yusufzai, Executive Director
- ▶ Maseh Stanikzai, Lead Peer Counselor
- ▶ Leena Gela Man, Lead Peer Counselor
- ▶ Shaista Najmi Jaffri, Lead Peer Counselor
- ▶ Dr. Kendra Smith, Local Evaluator, Peer Counseling Program
- ▶ Lisa St. George, Advisor, Peer Counseling Program
- ▶ Summer Dawn, Website Consultant
- ▶ Arwa Houry, Marketing Consultant
- ▶ Debbie Mejia, Book Keeper

Shifa for Today Peer Counseling Program

- ▶ Providing Peer Counseling Since 2007
- ▶ What is a Peer Counselor?
- ▶ Peer Counseling Program for the Muslim Community
 - Confidential Services
 - Trust of the Community
- ▶ Peer Counseling Available for
 - Individual
 - Family
 - Couples
 - Youth
- ▶ Peer Counseling Available to You
 - ▶ Counseling@mas-ssf.org
 - ▶ (916) 486 - 8626

Shifa for Today Peer Counseling Program

► Peer Counselors

- Recruited and Trained 12 Peer Counselors in 2007, 24 Peer Counselors in 2016 and 19 Peer Counselors in 2019
- Graduated from an 80 hour Certification Peer Counseling Training offered by RI International and NorCal MHA
- Diversity of Ethnicity, Language, Cultural Competency, Age, Life Experience and Languages

Shifa for Today Peer Counseling Program

- ▶ Ethnicity:
 - Indian, Pakistani, Afghani, Uzbek, Yemeni, Russian, Iraqi, Gujarti, Mexican, Caucasian, Egyptian, Lebanese, Moroccan, African - American, Algerian, Bengali,
- ▶ Languages: Over 10 Languages
 - Arabic, Dari/Farsi, Pashto, Urdu, Hindi, Punjabi, Bengali, Gujarati, Kechi, Spanish, French, Russian
- ▶ Ages: 18-70
- ▶ Gender: 10 males - 23 females

Shifa for Today Peer Counseling Program

Counseling Cases for 2019

- Received 36, Solved 13, Referred Out 16, Open 7

Referrals for 2019

- Received 49 and Resolved 49

Shifa for Today Peer Counseling Program

- ▶ **Served clients in areas:**
 - ▶ Parenting
 - ▶ Marital
- ▶ **Referral:**
 - ▶ Homelessness
 - ▶ Domestic Violence
- ▶ **New Program 19-20**
 - ▶ Tele counseling - Counseling by phone Fall - 2019

Shifa for Today Peer Counseling Program

▶ 5- Year Grant

- 2016 - 2017
- Development of Peer Counseling Program
- Capacity Building

▶ Evaluation Focus

- Workforce Development of 24 Peer Counselor
- Curriculum Development
- Evaluation Committee
- Stanford University Muslim Mental Health Lab

Shifa for Today Peer Counseling Program

- ▶ Shifa for Today evaluation is designed to understand the implementation of peer counselor training and outcomes of both training and counseling for the peer counselors and clients in the following phases:
- ▶ Phase I - Workforce development
 - a. Recruitment and Screening
 - b. Peer Counselor Curriculum
 - c. Peer Counselor Training
- ▶ Phase II - Peer counseling
- ▶ Phase III - Client outcomes

Shifa for Today Peer Counseling Program

▶ Phase I - Workforce development

- a. Recruitment and Screening

Screening Findings:

▶ Motivations for applying

- a. want to give back
- b. understanding of the need in the community
- c. prior involvement in the community

▶ Lived experience

- a. experience or other's experience with distress, particularly as it relates to refugee or new immigrant status
- b. other relevant lived experience is the stress of family members', particularly parents, experience with illness such as mental disorders and Alzheimer's or dementia

Shifa for Today Peer Counseling Program

► Prior experience

- a. Few applicants had prior formal training or experience counseling; however, most indicated experience with helping others through their experiences at work or as parents and member of the community

Preliminary findings from phase I, A:

- Recruitment - Outreach to Mosques, Community Leaders, Direct Approach to Refugees
- 37 applications, 28 applicants screened, 22 attended training and 19 graduated to become Peer Counselor
- Ideal Peer Counselor : Lived experience as a client or family member, Linguistic capabilities, Cultural awareness and Muslim/Non- Muslim

Al-Afia for Seniors Program

- ▶ Al -Afia is part of MAS-SSF's efforts to prevent depression, anxiety, isolation, and feelings of helplessness associated with aging.
 - Launched in 2015
- ▶ Al -Afia Short Term and Long Term Goals
 - Senior Day
 - community-based adult day program
- ▶ Senior Day
 - Educate and Create Awareness
 - Educational Workshops
 - Social Activities
 - 2018-2019 Senior Days: August and December 2018 and March 2019
- ▶ Funding for Al- Afia for Seniors
 - Community donations

AMALA Youth HopeLine Program



AMALA Youth HopeLine Program

- ▶ Amala Hopeline aims to provide an accessible, confidential, culturally competent means of peer counseling and resource referral for American Muslims. Callers receive non-judgmental and understanding over-the-phone guidance from trusted peer counselors.
- ▶ Amala Counselors
 - Amala counselors are Muslim youth who are trained with peer support skills as well as knowledge of common issues and challenges Muslim Americans may face
 - Top concerns for Muslim Youth are Anxiety, Family Pressure, Depression, etc
- ▶ Phone Hours for AMALA
 - Monday, Wednesday, Friday, Saturday, Sunday
 - 855-95-AMALA
 - 6PM -10PM

Community Education Program

- ▶ Workshops
 - ▶ Educate and Create Awareness
 - ▶ Prevention and Early Intervention

- ▶ Workshops
 - ▶ Counseling 101
 - ▶ Bullying Prevention
 - ▶ Mental Health First Aid
 - ▶ Communication Skills
 - ▶ Parenting for Young
 - ▶ Parenting for Teens
 - ▶ Foster Parenting

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