



An Overview

of a Refugee Mental Health Advocacy Collective

An Overview of MIND a Refugee Mental Health Advocacy Collective

Purpose and Philosophy

MIND (Matters Involving Neuro-Disorders) is a community-driven, cross-sector consortium, seeking to address mental and behavioral health issues, as well as socioeconomic disparities afflicting refugee and ethnic communities. Utilizing collective impact strategies, **MIND** pioneers new practices at the nexus of community participation and stakeholder engagement.

History

MIND evolved organically from an October 2016 roundtable mental health discussion, convened by Nile Sisters Development Initiative (NSDI), to discuss the status of mental and behavioral health and socioeconomic disparities of refugee and ethnic populations.

The initial roundtable comprised community- and faith-based leaders, mental and behavioral health service providers, and public health practitioners and immediately led to a series of collaborative community dialogues among stakeholders from community, academic, and government sectors. These groups helped to define challenges within the primary populations, as well as to identify potential solutions to the key findings. Highlights of these efforts appear in a comprehensive report entitled **Advancing Equity: Refugee and Ethnic Mental Health»**.

In March 2017, NSDI surveyed the contributors to establish next steps toward forming a new coalescing entity, later named **MIND**. The collective contributors agreed unanimously to meet on a regular basis to generate awareness and discussion of pressing mental and behavioral health disparities, as well as to define potential solutions. In June 2017, NSDI convened the first **MIND** quarterly meeting. Two months later, in August 2017, NSDI organized a special strategic planning meeting to establish the framework of **MIND**. NSDI has continued to convene **MIND** meetings, while community members / leaders, as well as local, regional, state, and national contributors provide support.

Core Values

Rooted in equitable and inclusive practices, **MIND** encourages

- Collective impact
- Community empowerment
- Meaningful engagement
- Open dialogue
- Respect

Mission

MIND seeks to ensure that refugee and ethnic populations have access to equitable and culturally and linguistically proficient mental and behavioral health resources.

Vision

MIND strives to make San Diego a thriving and culturally and linguistically proficient region for all residents.

Strategic Goals

- Advocate for policies that promote mental wellness and self-sufficiency in refugee and ethnic communities
- Develop and implement training and capacity building programs for impacted communities and service providers / stakeholders
- Establish a clearinghouse of culturally and linguistically relevant best practices and evidence-based resources for regional and statewide entities that support refugee and ethnic populations
- Increase awareness of and reduce mental and behavioral health and socioeconomic disparities afflicting refugee and ethnic communities
- Increase provision of culturally and linguistically appropriate resources for underserved and hard-to-reach populations

2017 Meeting Schedule

Months	Jun, Aug, Sep, Dec
Day	second Friday
Time	10:00am–12:00 noon
Location	Copley-Price Family YMCA Community Room
Address	4300 El Cajon Boulevard, San Diego, CA 92105
Contact	MIND@nilesisters.org »

Contributors

As of September 2017, **MIND** includes 57 individuals, representing 29 cross-sector entities / organizations, spanning eight sectors. Access the complete list of contributors online at this address: nilesisters.org/MIND»



Nile Sisters Development Initiative (NSDI) is a community-based organization that provides vital services to refugees and immigrants in the San Diego region. The NSDI mission is to educate, support, and offer training to refugee and immigrant women and their families to help them overcome barriers to social and economic self-reliance. Founded in 2001, NSDI assists refugees and immigrants to assimilate a new language, customs, and systems that are inherent to the American way of life. NSDI is committed to mitigating health disparities afflicting refugee and immigrant communities by offering family advocacy and education services. These include programs to raise awareness of sexual and reproductive health, mental health, oral health, and chronic diseases.

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