



**American Muslim
Health Professionals**

Advocacy | Professional Development | Mental Health

*Where Faith & Healthy Communities
Come Together*



2022-2023 MENTAL HEALTH IMPACT REPORT

Introduction

The **2022-2023 Mental Health Impact Report**, presented by American Muslim Health Professionals (AMHP), emphasizes our continued dedication to the field of mental health. This report not only underscores our pivotal achievements, such as the MHFA program, diverse webinars, and conferences but also showcases the invaluable contributions of professionals within our network.

As we navigate the realm of mental health, our report serves as a roadmap, detailing the aspirations, apprehensions, and refinements anticipated for the program's future. Through this documentation, we aim to set forth a vision that aligns with the needs of our community and fosters a holistic approach to well-being.



Dr. Ibrahim Sablaban in attendance with other faith leaders at the Office of National Drug Control Policy's (ONDCP) White House Roundtable, August 2023



Dr. Rukhsana Chaudhry at President Biden's Address, "Expanding Access to Mental Health Care", at the White House, July 2023.

Mental health, crucial in national discourse, profoundly impacts American Muslims, who navigate unique socio-cultural challenges. Rising Islamophobia exacerbates feelings of alienation and stress. Identity struggles between American and Muslim heritages, combined with generational divides, further complicate their mental well-being. First-generation immigrants might bear past traumas, while second-generations balance diverse cultural expectations. **Despite these layered challenges, tailored mental health services for American Muslims remain limited.** Cultural stigmas, discrimination fears, and a dearth of culturally-informed providers hinder access. Culturally sensitive care, addressing these specific nuances, is imperative for fostering a resilient community.

2022-2023 Highlights

"The power of communities coming together to heal and destigmatize mental health should never be underestimated."

-Dr. Rukhsana Chaudhry,
Mental Health Programming Director

CONFERENCES AND PROGRAMS

- Presented our work at the following **2022 events**: Islamic Society of North America (ISNA) Education Forum, ISNA National Convention, Muslim Mental Health Conference, Concordia Forum, Muslims in Public Service Network, and International Conference on Stigma.
- Organized *Uplifting the Mental Health and Well-Being of our Muslim Youth* during **2022 ISNA**, on how mental health issues affect Muslim youth and how to build support systems that foster our children's resilience.
- Dr. Ghada Khan presented *Evaluations of Mental Health First Aid Training Programs* at the **2023 Muslim Mental Health Conference (MMHC)**.
- Dr. Ghada Khan also presented during the *Mental Health Through a Cultural Lense: How Our World View Affects Our Mental Wellbeing* session at the **2023 MHFA Summit**.
- MHFA Instructor, Abeda Khanam, trained over 40 Michigan-based Imams at the **2023 MMHC**.
- Dr. Urooj Yazdani and Dr. Ibrahim Sablaban spoke on *Why Aren't They Listening to Me?: How to Identify and Address Mental Health Issues in Muslim Youth* at the **2022 ISNA Education Forum** (left).
- Dr. Urooj Yazdani and Dr. Sadiya Dhanani spoke on youth mental health and well-being at the **2023 ISNA convention**.



Attendees at AMHP's ISNA event, September 2023



Attendees at AMHP's MHFA event during the 2022 International Conference on Stigma



2022 ISNA Education Forum



AMHP Texas Mental Health Event

2022-2023 Highlights



Dr. Ibrahim Sablaban with Senior Presidential Advisor Stephen Benjamin at the ONDCP White House Roundtable in August 2023



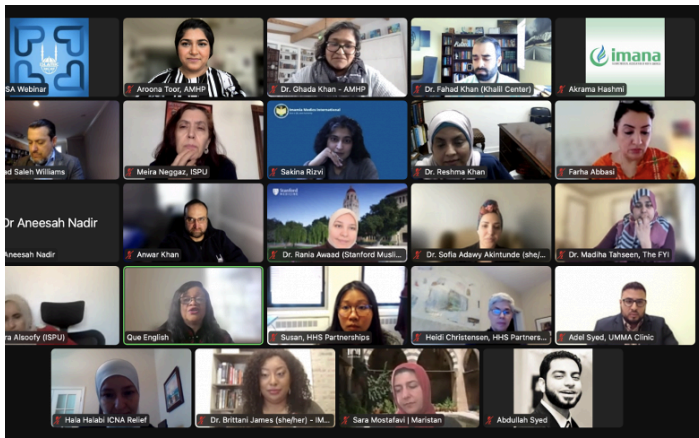
HHS Youth toolkit

MENTAL HEALTH ROUNDTABLES

- Hosted **three virtual** Mental Health roundtables with the **US Department of Health and Human Services** in 2022.
- Invited by the **White House** to detail our work on the **American Rescue Plan**, as part of the **Build Back Better Act** in 2022.
- Dr. Ibrahim Sablaban spoke at a White House round table hosted by the **Office of National Drug Control Policy (ONDCP)** about difficulties in accessing medication assisted treatment in Muslim-American communities. Faith leaders from across the US discussed strategies to tackle the opioid epidemic.

MENTAL HEALTH INITIATIVES

- Dr. Junaid Malik and Hufsa Kalim urged the Biden administration to prioritize mental health for youth at the **American Rescue Plan's** anniversary event in FL & OH.
- Dr. Rukhsana Chaudhry and MHFA instructor, Yasmin Irfani, virtually spoke on the topic of **Suicide Prevention in the Muslim Community**, and the effect of the **COVID-19 pandemic on youth mental health** and offered solutions-based approaches to the issue of suicide in Muslims.
- Dr. Rukhsana Chaudhry contributed to The Partnership Center's (HHS) *Youth Mental Health and Well-being in Faith and Community Settings Toolkit*.
- Dr. Chaudhry also attended a White House Mental Health event and a full-day HHS Summit on the intersection of faith and mental health.



AMHP's 2022 Virtual Mental Health Roundtable with HHS.



President Biden's address on "Expanding Mental Health Care Access", White House July 2023

The ultimate vision of AMHP's mental health program is to create environments that prevent mental health crises from occurring by integrating our faith's teachings into our daily practices and interactions with one another and provide opportunities for building mental health resiliency.

What is Mental Health First Aid?



Imam's MHFA Training, Muslim Mental Health Conference 2023

Mental Health First Aid (MHFA) is an evidence-based program which introduces participants to risk factors and warning signs of common mental health illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addiction.

WHO SHOULD COMPLETE MHFA TRAINING? **EVERYONE!**

- PARENTS AND FAMILY MEMBERS
- TEACHERS
- RELIGIOUS LEADERS
- COMMUNITY LEADERS
- MEDICAL PROVIDERS
- STUDENTS OVER 18
- MEDICAL PROVIDERS
- INDIVIDUALS LIVING WITH MENTAL ILLNESS
- LAW ENFORCEMENT



Our Goals for MHFA

- Train communities in MHFA
- Increase mental health awareness and literacy
- Improve and increase access to mental health care.

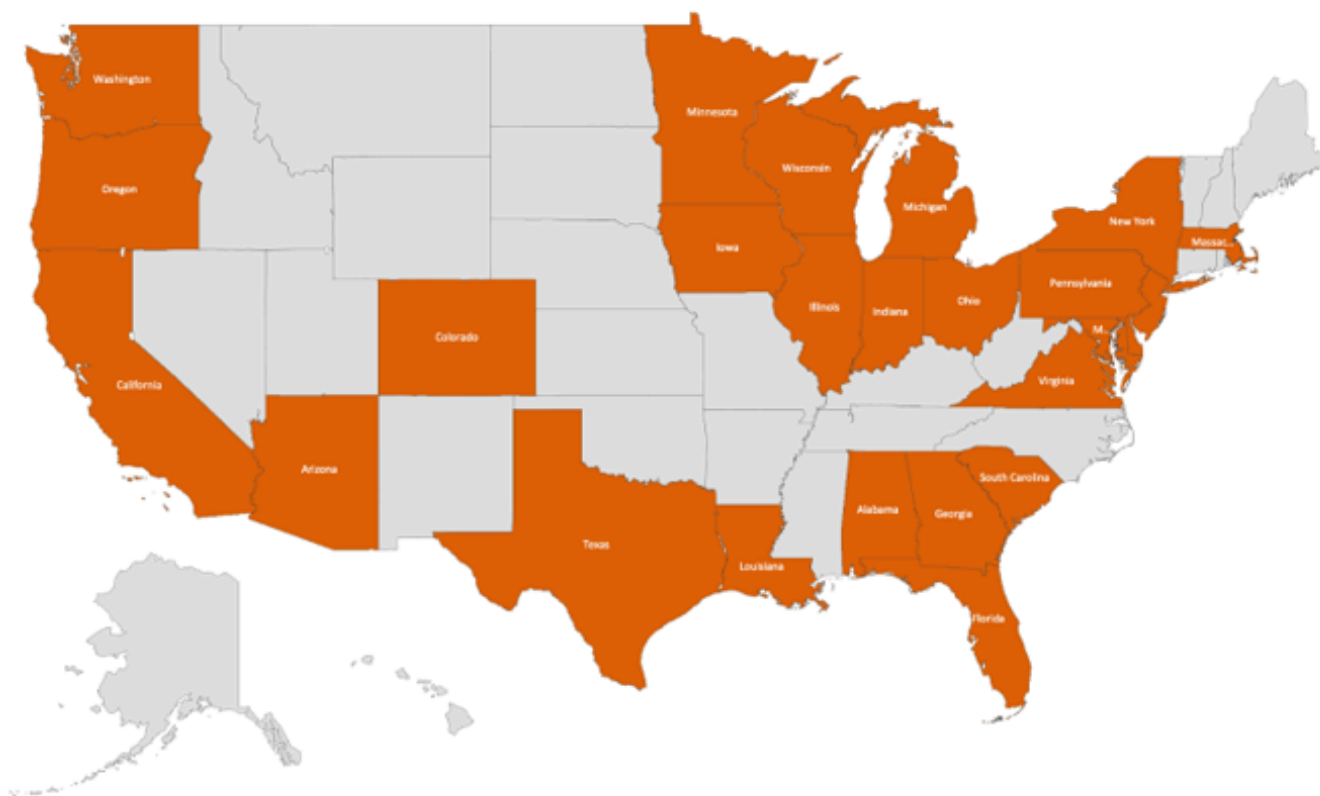
It uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer, social, and self-help care. Mental Health First Aid is overseen by the National Council for Mental Well-Being, which designs the MHFA curricula and certifies training participants. Certification is valid for three years.

Similar to how CPR training helps a layperson assist an individual following a heart attack, MHFA teaches non-mental health professionals how to give first aid to individuals experiencing a mental health crisis and/or who are in the early stages of a mental health disorder.

Our program in certifying people in Youth and Adult MHFA is unique in that we focus on providing **culturally responsive mental health education** by maintaining a team of MHFA-certified instructors who are **representative of the Muslim community**.

Request a Training for Your Organization Today!
amhp.us/form

MHFA Impact since 2020



1,600+ TRAINED

50+ ORGANIZATIONS

60+ TRAININGS

28+ STATES

11+ CERTIFIED INSTRUCTORS



Testimonials



"Mental Health First Aid is a life-changing program, which has personally and professionally benefitted me. If more people can become certified in this training, we will have less young people feeling alone."

Yasmin Irfani, M.S., MHFA Instructor

The instructor was...

"Professional, interactive and organized."

"Engaging, compassionate, and genuine."

"Very knowledgeable about the subject at hand and **made the course material very interesting...**"

Organization and Presentation

"Expertly designed, providing a comprehensive understanding of various mental health conditions, including depression, anxiety, substance abuse, and psychosis."

"Very informative. Well-planned program layout. & **very engaging in-person session.**"

"It was great, **everything well-organized** and presented."

Praise and Recommendations

"I wholeheartedly recommend the MHFA training to anyone interested in making a positive impact on the lives of individuals struggling with mental health."

"It was amazing! Highly recommend; it was a safe space."

"Extremely insightful."

"Overall **excellent experience**, I would highly recommend it to everyone."

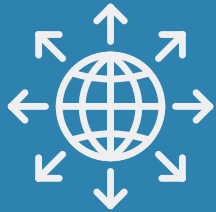
Confidence in Application

"I was able to walk away with skills that **I knew I could implement that same day.**"

"For me it's an eye-opener to mental well-being. **I'm ready to give back to my community!**"

"There were many faces and stories which were passing in my mind where **early intervention could have helped**. I am glad I **feel more confident now of what to do.**"

Empowering Communities: AMHP's Growth & Upcoming Mental Health Initiatives



Expanding the Reach of MHFA

- **Geographical & Digital Expansion:** Extend MHFA to new regions, especially underserved areas, and develop an online training platform for broader accessibility.
- **Diversification & Community Collaboration:** Tailor MHFA modules for specific demographics, such as youth and elders, while partnering with trusted community entities for amplified impact.
- **Continuous Enhancement & Resource Mobilization:** Implement regular evaluations for content relevancy, and develop fundraising strategies to ensure program sustainability and scaling.



Evidenced-based Policy and Advocacy

- **Community Assessment:** Comprehensive exploration of American Muslim mental health dynamics, leveraging surveys, discussions, and diverse community interactions to chart challenges and needs.
- **Policy Collaboration:** Engaging with local to national policymakers for effective representation. Driving policies backed by empirical data and emphasizing the community's unique mental health challenges.



Comprehensive Mental Health Strategies

- **Tailored Training:** Specialized modules addressing Islamophobia, identity crises, and Muslim youth challenges. Continuous community feedback and collaboration.
- **Addressing Burnout:** Targeted programs for healthcare professional well-being. Workshops, surveys, and health organization partnerships.
- **Digital Knowledge Expansion:** Broaden digital platform for diverse mental health topics. Expert collaborations, community interactions, and emphasis on community-driven content.

ACKNOWLEDGMENTS

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AMHP's Mental Health Leadership Team

Rukhsana Chaudry, PsyD, Senior Clinical Psychologist, AMHP
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Abeda Khanam

Mamun Rahman

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**We also thank the organizations that entrusted us with their MHFA Trainings in
2022 and 2023.**



**THE COUNCIL
OF ISLAMIC ORGANIZATIONS
OF GREATER CHICAGO**



Cornerstone





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Guiding American Muslims Towards a Resilient Mental Health Future



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