

The SomaliCAN Outreach Newsletter is a bilingual monthly publication of the Somali Community Access Network that sheds light on issues relevant to developmental disabilities. Outreach is funded by the Ohio Developmental Disabilities Council.

OUTREACH

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MAY 2010

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Somali Community Access Network

700 Morse Road, Suite 101

Columbus, OH 43214

(614) 781-1414

www.somalican.org

SomaliCAN Facilitates Community Conversation with Police

Deeqo Khalif

SomaliCAN has arranged a community conversation with the Columbus police on Saturday, May 1, 2010 following some misunderstanding between a community member and a police officer.

Somali community leaders who attended the conversation were Jibril Hirsi and Adam O’Hirsi, both of SomaliCAN, Khadra Mohamed, a Somali American Master’s level social worker, and Abdirizak Farah, the New Americans Coordinator for Mayor Michael Coleman’s Community Relations Office. The Columbus Police were represented by officer Todd Sheets and Sergeant Ken Tischler.

The conversation took place over coffee in a friendly environment characterized by mutual respect and understanding. SomaliCAN promises to continue providing cultural sensitivity training for the police while promoting trust in police work among New Americans. SomaliCAN administers the Justice Assistance Program with funding from the Office of Criminal Justice Services at the Ohio Department of Public Safety.

deeqo@somalican.org



SomaliCAN oo Qabanqaabisay Is afgarad Jaaliyadda iyo Booliska

Deeqo Khalif

SomaliCAN ayaa ka shaqaysay wada hadal u dhexeeyey jaaliyadda iyo booliska maalinkii Sabtiga, May 1, 2010, taas oo ka dambaysay is maandhaaf u dhexeeyey qof Soomaali ah iyo askari ka tirsan booliska.

Madaxda jaaliyadda ee ka qayb qaatay wada hadalkaas waxay kala ahaayeen Jibril Hirsi iyo Adam O’Hirsi oo ka tirsan SomaliCAN, Khadra Mohamed oo ku takhasustay cilmiga bulshada, iyo Cabdirisaaq Faarax oo ah Agaasimaha arrimaha soo galootiga ee xafiiska Duqa Magaalada Columbus. Dhanka boliiska waxa matalay labo sarkaal oo kala ah Todd Sheets iyo Ken Tischler.

Wada hadalka waa lagu dul qaxweeyay, waxana halkaas ka muuqday jawwi is af-garad iyo xushmo leh. SomaliCAN waxay ballan qaadaysaa sii dardar gelinta tababarrada ay u furto booliska si ay u fahmaan Soomaalida iyadoo la wacyi gelinayo dadka Maraykanka ku cusub. SomaliCAN waxay maamushaa barnaamijka kobcinta caddaaladda uu maalgeliyo Office of Criminal Justice Service oo ka mid ah Ohio Department of Public Safety.

deeqo@somalican.org

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The Ohio Center for Autism and Low Incidence

Xarunta Ohio ee Qotomiska iyo Shakabnaanta

The Ohio Center for Autism and Low Incidence (OCALI) serves families, educators, and professionals working with students with autism and low-incidence disabilities, including autism spectrum disorders, multiple disabilities, orthopedic impairments, other health impairments, and traumatic brain injuries.

OCALI works with the Ohio Department of Education and its 16 regional education agencies to provide information, support, and training to educators of children with disabilities and their families. OCALI also works with the Ohio Department of Developmental Disabilities and other state agencies to provide training on autism and other disabilities.

OCALI has a number of resources on its website (www.ocal.org) including:

- Ohio's Parents Guide to Autism Spectrum Disorders. OCALI also has the information contained in the Parent Guide in a DVD format with the mother of a child with autism narrating an overview of the content.
- Autism Internet Modules (AIM), which are online training modules on various topics related to autism
- A free lending library of books, CDs and other resources
- A Services and Supports Database, a listing of services and supports available to individuals with disabilities and their families, and
- Information on topics such as autism, assistive technology, transition from school to adulthood, and traumatic brain injury.

OCALI believes that families, as well as professionals, play a critical role in promoting the highest possible achievement of each child. We value and support the connection to and partnership with families as vital to the success of each individual with a disability both at school and in the community.

For more information, please contact OCALI at 614 410-0381.

Xarunta Ohio ee Qotomiska iyo Shakabnaanta (OCALI) waxay u adeegtaa qoysaska, tacliimiyayaasha, iyo xirfadleyda la shaqaynaysa ardada qabta qotomiska iyo shakabnaanta ay ka mid yihiin qotomiska firirsan, naafannimada laballaaban, lafa-naafannimada, jirrooyinka kale ee caafimaad, iyo dhaawac maskaxeedka hurgumada leh.

OCALI waxay la shaqaysaa Waaxda Ohio ee Tacliinta iyo 16keeda hay'adeed ee tacliinta si xog, taageero, iyo tababbarba loo siiyo tacliimiyayaasha carruurta naafada ah iyo qoysaskooda. OCALI waxa kale oo ay la shaqaysaa Waaxda Ohio ee Naafannimada Koritaaneed iyo hay'aad kale oo heer gobol ah si loo bixiyo tababbar khuseeya qotomiska iyo naafannimada.

OCALI waxay mareegteeda (www.ocal.org) ku haysaa khayraad badan oo ay ka mid tahay:

- Ohio's Parents Guide to Autism Spectrum Disorders. OCALI waxa kale oo ay haysaa xogta ku jirta Parent Guide iyadoo ah DVD oo ah hooyo cunug qotomis qaba oo ka sheekayn ararta waxyaabaha ku jira.
- Autism Internet Modules (AIM), oo ah tababbarro habaysan oo internetka ku salaysan ahna mawduucyada qotomiska la xiriira
- Maktab bilaasha oo buugag, CD-yo iyo xogo kale ah
- A Services and Supports Database, oo ah taxane liis ah oo adeegyada iyo taageerada ay heli karaan shakhsiyaadka naafannimada qaba iyo qoysaskooda ay ku yaalliin, iyo
- Xog ku saabsan mawduucyo sida qotomis, teknoolojiyada caawimidda, inta u dhexaysa dugsi ilaa qaangaarnimo, iyo dhaawac maskaxeedka hurgumada leh.

OCALI waxay rumaysan tahay in qoysaska iyo weliba xirfadleyduba ay door muhiim ah ka ciyaaraan hore u marinta guusha ugu saraysa ee cunug kastaa gaari karo. Waxaannu qiimaynaa oo taageerraa xiriirka iyo la shuraakoobidda qoysaska in ay muhiim u tahay guusha uu gaari karo shakhsi kasta oo naafo ah oo ama dugsiga jooga ama bulshada dhex jooga. Xog dheeraad ah, fadlan wac OCALI oo aad ka helayso: 614 410-0381.



Some Participants of the Somali Community Conversation with the Columbus Police.



Khadra Mohamed, a graduate of the Master of Social Work Degree program at the Ohio State University, speaks at the event.

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Online Crime Reporting System

Dembi soo Sheegid Af-Soomaali

in Somali Language

Ah oo Internetka ku Salaysan

WWW.SOMALITIPS.COM

WWW.SOMALITIPS.COM

On April 7th, U.S. law enforcement agencies, SomaliCAN community leaders and an anti-crime group announced a new Web site that allows Somali immigrants to report crimes in their native language.

The project's goal, according to the Somali Community Access Network, is to help Somalis overcome a suspicion of police borne of corruption in their homeland and to crack down on illegal activity from street crime to terrorist recruiting. The site was announced in Columbus, the city with the nation's second-largest Somali population, but will accept tips from anywhere in the U.S.

Somali concerns about crime have grown in Columbus recently and reached new levels following the unrelated slayings of two Somali immigrants in the last year.

Many Somalis came to the United States after years in refugee camps where they were harassed by corrupt police officers, making them suspicious of any law enforcement, said Jibril Hirsi, executive director of the Somali Community Access Network in Columbus.

Language barriers and cultural misunderstandings are also problems. Hirsi gave the example of a Columbus woman cited by police after she mistakenly called 911 to report that her water pipes were broken.

"It takes time to really make people comfortable with the work of the law enforcement, make them work with police and see police as very helpful," Hirsi said at the press conference. "This is one system that makes it possible for people to report crimes."

Somalis accessing the new Web site can enter crime tips anonymously. Central Ohio Crime Stoppers will translate the tips and send them to police.

Many Somali mothers are concerned about their children becoming involved in gangs or other crime as well as being recruited by terrorists, said Khadra Mohamed, a Columbus social worker from Somalia.

"So far nothing has happened in Columbus, but we all need to be aware and come up with ways to prevent that kind of recruiting," she said.

SomaliCAN's Community Prevention and Education Program, which facilitated the launching of www.somalitips.com is funded by the Office of Criminal Justice Services at the Ohio Department of Public Safety.

On the Net:

- <http://www.somalitips.com>

7dii Abriil, Hay'aadka Maraykanka ee xoojiya sharciga, hoggaamiyeyaasha SomaliCAN ee bulshada iyo koox dembiga la dirirta oo maxalli ahu ay gardaaddiyeen mareeg cusub oo u oggolaanaya muhaajiriinta Soomaalida in ay wixi dembi ah ku soo sheegaan afkooda.

Himilada mashruuca, markii lagu wax-qaybsado aragtida SomaliCAN, waa in Soomaalida lagu caawiyo in uu ka baxo shakiga ay ka qabaan bilayska oo markaana lala xarbiyo afcaasha sharci-darrada ah oo u dhexeeya dembiyada jidadka ka dhaca ilaa iyo qoridda argaggax-keenayaasha. Mareegta waxaa looga dhawaaqay Columbus oo ah magaalada ay deggan yihiin dadka labaad ee ugu badan ee Soomaalida Maraykanka, waxse uu xogta ka qaban karaa dalka Maraykanka oo dhan.

Walaaca ay Soomaalidu ka qabto dembiyada waxay dhawaan aad ugu soo korodhay Columbus, waxaanay gaartay heer cusub ka dib markii si kala duwan laba muhaajir oo Soomaali ah loogu diley sanadkii tegay.

ñSoomaali badan baa Maraykanka timi ka dib markii ay joogeen xeryaha qaxootiyaasha oo ay ku hagarjumi jireen bilays musuq-maasuq ah, taa oo ka dhigaysa waa Soomaalidee kuwo shaki weyn ka qaba sharci-xoojiyeyaasha oo dhan, ò ayuu yiri Jibriil

Is afgaran la'aanta iyo faham la'aanta dhaqanka iyaguna waa dhibaato. Xirsi ayaa wuxuu tusaale u soo qaatay haweeney reer Columbus ah oo ay bilaysku ganaaxeen ka gadaal markii ay lambarka 911 garaacday iyadoo ka cabanaysa qasabaddii biyaha oo ka jabtay.

"Runtii waqti ayay qaadanaysaa in ay dadku si debecsan u dareemaan shaqada sharci xoojiyeyaasha, in ay dadku bilayska la shaqeeyaan, iyo in ay u arkaan kuwo iyaga caawinaya ò ayuu Xirsi ka yiri shirkii jaraa'iid. "Tani waa hal dariiqo oo dadka u suuraggelinaysa in ay dadku dembiyada soo sheegaan."

Soomaalida gasha mareegta cusub ayaa waxay dembiga gudbin karaan iyagoo qarsoon. Central Ohio Crime Stoppers ayaa xogta tarjumi doona bilayskana u diri doona.

ñHooyooyin badan oo Soomaali ah ayaa ka walaacsan in ay carruurtoodu ardaallada ama dembiyo kale ku lug yeeshaan, amaba loo qorto in ay argaggixisinnimo sameeyaan ò ayay tiri Khadra Maxamed, oo ah Adeege Bulsho oo ka soo jeedda Soomaaliya.

"Ilaa haatan waxba kama aanay dhicin Columbus, waxes aynu dhamaanteen u baahan nahay digtoonii iyo in aannu keenno dariiqooyin looga hortegi karo qoridda caynkaa ah ò ayay tiri.

Barnaamijka SomaliCAN ee Ka-hortegidda Dembiyada iyo Tacliiminta Bulshada (Community Prevention and Education Program) oo sahashay gardaaddinta www.somalitips.com waxaa maalgeliyey Xafiiska Adeegyada Caddaaladda Dembiyada (Office of Criminal Justice Services at the Ohio Department of Public Safety.)

internetka:

- <http://www.somalitips.com>

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SomaliCAN Holds Health Fair at the Annual Soccer Tournaments

Jibril M Hirsi

Columbus- On April 2, 2010, SomaliCAN sponsored a free health fair for the players and fans of the annual Somali soccer tournament in Columbus. More than 600 players representing 40 teams in various cities around the United States and Canada came to Columbus for the annual tournaments. A huge number of soccer fans also came to watch the games and cheer their favorite teams.

SomaliCAN worked in collaboration with the Raabe College of Pharmacy at the Ohio Northern University to provide free glucose tests, blood pressure screening, health education, and support services for injured players. Funding for this program was provided by the CareSource Foundation and the Columbus affiliate of the Susan G. Komen Foundation for breast cancer.

“This is a good way to promote prevention of chronic diseases in the community” said Adam O’Hirsi, who arranged the fair. “It is the best way of conveying the message that Somalis need to use primary healthcare and lead active lives to maintain optimum health” added Mr. O’Hirsi, who is a Program Director at SomaliCAN. Somali interpreting services were provided by SomaliCAN.

Abdinur Daljir, a famed Somali artist, whose songs are admired by millions of Somalis around the world, was among those screened. “This is a convenient way of getting screened for many people who would not otherwise visit a doctor unless they are very ill” he told OUTREACH, SomaliCAN’s monthly newsletter.

SomaliCAN is community based organization that provides health education services to the Somali community and healthcare providers in Central Ohio and a member of the National Partnership for Action to End Health Disparities, a national initiative of the US Department of Health and Human Services.

For more information on SomaliCAN’s Healthy Community program, please contact us at 614-781-1414 or e-mail us at info@somalican.org.



SomaliCAN ayaa Bandhig Caafimaad ku Qabatay Warzeeggi Ciyaaraha Kubada Cagta

Jibril M Hirsi

Columbus- 2dii Abriil, 2010ka SomaliCAN ayaa martiggelisay bandhig caafimaad oo loo sameeyey ciyaartoyda iyo difoosayaasha Wareeggii sanadlaha ahaa ee Cayaaraha Kubbadda Cagta ee Columbus. In ka badan 600 oo ciyaartoy oo metelayey 40 kooxood oo ka kala yimid magaalooyin dhawr ah oo ku kala yaal Maraykanka iyo Kanada ayaa Columbus u yimid Ciyaarahaa sanadlaha ah. Tiro farabadan oo difoosayaasha kubbadda cagta ah ayaa iyaguna u yimid daawashada ciyaaraha iyo u sacbinta kooxaha ay taageeraan.

SomaliCAN ayaa la hawlgashay Raabe College of Pharmacy oo ka mid ah Ohio Northern University si loo baxsho baarid glucose, eegid cadaadiska dhiigga, tacliin caafimaad, iyo adeegyo taageero caafimaad ah oo ciyaartoyda dhaawacantay la siinayo. Maalgelinta barnaamijkan waxaa baxshey CareSource Foundation iyo wakiillka Columbus ee Susan G. Komen Foundation for breast cancer.

“Tani waa dariiqo wanasagsan oo lagu dardargelinayo ka hortegidda cudurrada karoonigga ah ee Bulshada” ayuu yiri Adam AwXirsi oo isku duway bandhigga. Ee SomaliCAN. “Waa jidka ugu wanaagsan ee lagu gudbiyo farriinta ah in ay Soomaalidu u baahan tahay in ay isticmaalaan daryeelka asaasiga ah oo ay ku noolaadaan nolol firfircooni leh si ay u gaaraan caafimaad heer sare ah” ayuu ku daray Mudane AwXirsi oo ah Agaasimaha Barnaamijyada. Tarjumidda hawshan oo idil waxaa ku deeqday SomaliCAN.

Cabdinuur Daljir oo ah fannaan caan ah oo ay heesihiisa dhegta u raariciyaan milyanno Soomaali ah oo adduunka dhinacyadiisa ku kala sugan, wuxuu ka mid ah dadka la bazaray. “Tani waxay dad badan oo aan sidooda kale dhaqtar ugu tegi lahayn, haddii aysan jirro la dhul dhicin u tahay sida ugu habboon oo la isu baari karo” ayuu u sheegay OUTREACH, oo ah Warsidaha billaha ah ee SomaliCAN.

SomaliCAN waa urur bulsho oo bulshada Soomaalida ah iyo bixiyeyaasha adeegga caafimaad ee Bartamaha Ohio siiya adeegyo tacliin caafimaad, waana xubin ka mid ah National Partnership for Action to End Health Disparities, oo ah hindise qaremed ay leedahay Waaxda Maraykanka ee Caafimaadka iyo Adeegyada Aadamiga.

Xog dheeraad ah oo ku saabsan barnaamijka Bulsho Caafimaadsan ee SomaliCAN, fadlan nagala soo xiriir 614-781-1414 ama e-mail noogu soo dir: info@somalican.org.

Jibril Hirsi



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Autism and the Somali Community: What You Need to Know

Sirad Shirdon

By now, most of you have heard about this disorder commonly referred to as Autism. This is a disorder most of us were unfamiliar with before migrating to the West. Yet it has affected many of our children. Most of us know children or families who've been afflicted with this disorder. This article will be focusing on what the signs and symptoms are, as well as the services currently available for children living with Autism.

What is Autism?

Autism spectrum disorders are a range of disorders which manifest in three ways: impaired social interaction, problems with communication and abnormal behaviors (e.g., repetitive behavior). The most common is Autism, which will be focused on in this article.

Why Somalis should be concerned

Recently, the Center for Disease Control raised the number of children in the US with Autism, from 1 in 150, to 1 in 110. This is a staggering jump in a country with a population of 315 million. Unfortunately, since many Somalis are recent immigrants, research has been very limited in this field. Despite this, there have been some media reports; the NY Times profiled Minnesota Somalis twice last year, regarding a possible cluster of Autism in Minneapolis's Somali community. In April 2009, the Minnesota Department of Health confirmed the fears of Somali families: Somali children were found to be represented in Autism education programs 2 to 7 times greater than non-Somali students. Researchers in Minneapolis and neighboring St. Cloud are presently trying to determine what the true prevalence of Autism is amongst Somalis in Minnesota. Amongst Ohio Somalis, no formal studies have been commissioned as of yet. In my work at Nationwide Children's Hospital in the Speech Therapy Department, I can confidently say that the Somali children we serve are increasingly children with a diagnosis of Autism.

Signs and Symptoms?

- Little or no eye contact
- For infants, no babbling or pointing to different things
- No single words by 16 months, or 2-word phrases by 2 years of age
- No response to one's name or simple directions
- Lining up of toys and other rigid, repetitive behavior

Qotomiska iyo Jaaliyadda Soomaalida: Waxay Tahay inaad Ogaato

Siraad Shirdoon

Imminkadan la joogo intiinna badani kolley maqashay mashaqadan inta badan lagu magacaabo Qotomis ñAutism.ò Tani waa mashaqo inteenna badan aanayba waxba kala socon intii aynaan u soo haajirin Galbeedka Dunida. Haddana waxay haatan aafaysay kuwo badan oo ka mid ah carruurteenna.. In badan oo naga mid aha ayaa taqaan carruur ama qoysas ay halgaadday mashaqadan. Maqaalkani wuxuu diiradda saari doonaa waxa ay yihiin calaamadaha iyo astaamaha, iyo weliba adeegyada ay haatan heli karaan carruurta qabta Qotomiska.

Waa Maxay Qotomis?

Qotomisku waa jeegaan firirsan oo ka kooban jirrooyin u soo muuqda saddex cayn: Ka shakabnaan la tacaamulka bulshada, dhibaato dhinaca xiriirka ah, iyo dhaqamo caadiga ka baxsan (tus., habdhaqan ku celcelin ah). Kan ugu caamsanna waa Qotomiska maqaalkan lagu bartilmaameedsan doono.

Maxay Tahay in ay Soomaalidu uga Walaacaan?

Dhawaan, the Center for Disease Control (Xarunta Xakamaynta Cudurradu) waxay sare ugu qaadday tirada carruurta Maraykanka ah ee Qotomiska qaba 1 mid ah 150 carruur ahba, meesha ay jeerkii hore ka ahayd 1 cunug ah 110 kii carruu ahba. Arrinkani waa sare u kac lixaad ku leh dal uu dadkiisu yahay 315 malyuun.

Nasiib darro, mar haddii ay Soomaali badani yihiin muhaajiriin mar dhaw timid, cilmi-baarista maaddadaani kuma aamay badnayn. Iyadoo ay taasi jirto ayaa haddana waxaa jiray warbixinno saxaafadeed; jariidadda *NY Times* ayaa Soomaalida deggan Minnesota tacriifisay laba jeer sanadkii tegay, iyadoo bal ka raadinaysa in jaaliyadda Soomaalida ee Minneapolis uu ku badan yahay qotomis. Abriil, 2009, Waaxda Minnesota ee Caafimaadka ayaa ka marag kacday cabsidii ay qabeen qoysaska Soomaalida ahu: Carruurta Soomaalida ayaa la ogaaday in ay 7 ka meeloo 2 ay barnaamijka tacliiminya Qotomiska ay uga badan yihiin ardayda aan Soomaalida ahayn.

Cilmi-baarayaasha jooga Minneapolis iyo St. Cloud oo u dhaw ayaa isku deyaya in ay ogaadaan sida dhabta ah ee uu Qotomisku ugu badan yahay Soomaalida deggan Minnesota. Balse Soomaalida Ohio ayaa baaritaan caadi ah xitaa ilaa iyo haatan weli loo aqoolin. Hawshayda aan ka hayo Cisbitaalka Carruurta ee Nationwide ee ah Waaxda la-tacaalidda Hadalka, waxaan si kalsooni leh u oran karaa in carruurta Soomaaliyeed ee aynu u adeegno ay ku sii kordhayaan carruurta leh asaamaha Qotomiska.

www.komencolumbus.com

Race for the Cure on May 15th.



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Child may have had language/social skills at one time, but lost those skills

· Echolalia: the child will repeat words, phrases or sentences which you say several times. Children may also repeat lines from TV shows or movies several times.

Most of us have heard Somali people say the following: ñif the childô not talking, donô worry! The child will grow out of it.ò Iôve heard this first hand from Somali mothers of children with Autism. While this may be true for a few children, late talking is one of the symptoms of Autism. If you recognize these signs/symptoms in your children, you should contact your family doctor right away. Your family doctor will refer you to professionals trained in diagnosing Autism (developmental doctors, psychologists etc). If a diagnosis is made, your doctor will write you referrals for services, depending on the age of the child.

What treatments are available?

Typically for young children (0-3), services are administered through early intervention where the child will have access to occupational therapists, speech therapists, and other professionals.

Once a child reaches the age of 3, there are special needs preschools and kindergartens designed to provide intensive services. Once a child is school aged, an assessment will be completed to see if the child qualifies for what is called an Individualized Education Plan (IEP). The symptoms of children with Autism vary from case to case; some children display average language skills, while others will be severely delayed. Children with more moderate to severe Autism are usually provided an IEP. The creation of an IEP leads to greater accommodations made for the student in the classroom and additional services which may include occupational therapy, ABA therapy, and speech therapy.

Early intervention is key!

Research has shown that outcomes are best for children who receive an early diagnosis, and start receiving treatment early. The earlier a child is assessed (and treated), the better.

What you can do

1. Contact the departments of health and education in your own city, and encourage them to commission studies looking into the autism prevalence in the Somali community. The key to the positive response of the local and state government in Minnesota was due in large part to the advocacy of Somali parents with children with Autism. More studies need to be done to assess the prevalence of Autism. Once researchers and health professionals better understand the numbers, treatment options will become more customized to the Somali population.

2. Calaamadaha iyo Astaamaha

3. · Eegmo yar ama aan jirin
4. · Dhallaanka, ma hadaaqaan fartana kuma taagaan waxyaabo kala duwan
5. · Erayo hal-hal ah ma dhihi karaan bisha 16aad, ama laba eray markay jiraan labo sano
6. · Kama jawaabaan magacooda, mana gartaan tilmaamaha sahlan
7. · Faylinta jukaataooyin, hab-dhaqan ay ku celceliyaan
8. · Cunuggu wuxuu lahaa xirfadaha luqadeed/bulsho mar, laakiin xirfadahaasi way ka lumeen
9. · Ekolaaliya (Echolalia): cunuggu wuxuu ku celcelinayaa erayo, tiraabyo, ama jumlooyin aad tiri dhawr jeer. Sidoo kale carruurta waxat ku celin kartaa oraahyo TV-ga ama filinka laga yiri dhawr jeer.
10. Inteenaa badan waxaannu dadka Soomaalida ah ka maqallaa ñHaddaannu cunuggu hadlayn, ha ka welwelin! Cunuggu wuu ka kori doonaaye.ò Anigaana afkooda ka maqlay haaween Soomaaliyeed ee dhalay carruur qabta qotomis. Iyadoo tani laga yaabo in ay u rumowdo dhawr cunug, haddana hadalka oo daaha waa mid ka mid ah astaamaha lagu garto Qotomiska. Haddii aad ku ogaato astaamahaa/calaamadaha cunuggaaga, waa inaad la xiriirtaa dhaqtarkaaga qoyska markiiba. Dhaqtarkaaga qoyska ayaa kuu diraya xirfadleyaal yaqaan aqoonsiga Qotomiska (Dhaqaatiir koritaaneed, dad yaqaan cilmi-nafsiga, iwm.) Haddii markaa cunugga Qotomis lagu arko, markaa dhaqtarkaaga ayaa kuu diraya meelo aad ka adeeg heshid, iyadoo ay taasi ku xiran tahay daôda cunuggaaga.
11. Daweyntee la la Heli Karaa?
12. Caadiyan carruurta yar-yar (0-3), adeegyada waxaa loo maamulaa qaab faraggelin goor hore ah halkaas oo cunuggu uu galangal u helaayo daweyno dhinaca terabi-hoyaadka ah, dabiibid hadalka ah, iyo xirfadleyaal kale.
13. Markiise uu cunugu gaaro daôda saddex sano, waxaa jira iskuul-horeedyo iyo kindhergaatanno baahida gaarka ah oo loo qaabeeyey in ay bixiyaan adeegyo xawli ku socda. Haddiise uu cunuggu gaaro daô-dugsiyeed, qiimayn ayaa laga buuxinyaa si loo ogaado in uu ardaygu u qalmo waxa loo yaqaan Qorshaha Khaaska ah ee Waxbarashada (Individualized Education Plan (IEP).) Astaamaha carruurta qotomiska qabta kiis ilaa kiis bay u kala duwan tihiin; carruurta qaar ayaa lagu arkaa xirfad luqadeed oo dhexdhexaad ah, meesha kuwo kale ay aad u daahaan.. Carruurta qabta qotomiska yara ladifan ilaa iyo kuwa qaba midka aadka u daran waxaa sida caadiga ah la siiyaa IEP. Abuuridda EP ayaa kuu gudbisa agaasimid weyn oo kale oo ardayga loo sameeyo oo ay ku jiri karan kuwo fasalka loogu sameeyo iyo adeegyo dheeraad ah oo kale oo ay ka mid noqon karto terabi-hoyaad, terabiga ABA, iyo terabiyo hadalka ah.

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2. Become more involved in your children’s schools and hospitals. Engagement with the greater community will provide Somalis with a greater voice wherever they may be.

3. Spread this information to all of your family members.

Sirad Shirdon, Nationwide Children’s Hospital

Columbus, OH

Sirad.shirdon@nationwidechildrens.org

Ms. Shirdon is a speech/language pathologist at the Nationwide Children’s Hospital in Columbus, Ohio.

SomaliCAN Welcomes articles and contributions from community members. If you have any ideas about autism and other developmental disabilities, we encourage you to contact SomaliCAN by phone at 614-781-1414 or e-mail at outreach@somalican.org. Your ideas will be taken seriously and shared with relevant authorities.

Waxay SomaliCAN raadinaysaa qormooyin iyo ra’yiga jaaliyadda. Haddii aad hayso wax talo ah oo ku saabsan qotomiska ama korriimada xumaata, waxaan kaa codsanaynaa in aad la xiriiro SomaliCAN adigoo wacaya 614-781-1414 ama e-mail u dir outreach@somalican.org. Talooyinkiinna waa la tix gelin doonaa waxana la hor dhigi doonaa madaxda ku habboon.

Xilli Hore Waxqabadku Waa Waxgal!

Cilmi-baaris ayaa muujinaysa in natiijooyinka ugu fiican ay la kulmaan carruurta hesha ogaansho hore, oo daweyntana billaaba mar hore. Mar kasta oo cunugga mar hore la ogaado (oo la daweyyaba) marka kale ka fiican.

Waxaad qaban karaysaa

1. La xiriir waaxaha caafimaadka iyo tacliinta ee magaalada aad deggan tahay, oo ku dhiirriggeli in ay u weel-qaadaan baaritaanno lagu eegayo sida uu qotomisku ugu badan yahay Jaaliyadda Soomaaliyeed. Tallaabada waxtarka leh ee ay qaadeen dawladda hoose iyo tan gobo lee Minnesota waxaa xuddun u ahaa inta badan u-doodiddii ay sameeyeen waaliddiinta Soomaaliyeed ee haysta carruurya qabta qotomiska. Baaritaanno badan ayaa loo baahan yahay in la qabto si loo ogaado baaxadda Qotomiska. Markii ay cilmi-baaareyaasha iyo xifradleyda caafimaad si wacan u fahmaan caddadka, habraaca daweynta ee arrintaa ku xiga wuxuu noqonayaa mid lagu jaangooyey dadka Soomaaliyeed.

2. Ku lug yeelo cisbitaallada iyo dugsiyada carruurtaada. Ku lug lahaansho ay bulshada guud ku lug yeelato arrintan, waxay Soomaalida siinaysaa cod meel kastaa ha joogeene.

3. Xogtan ku baahi dhamaan xubnaha qoyskaaga.

Siraad Shirdoon, Cisbitaalka Carruurta ee Nationwide Columbus, OH

Sirad.shirdon@nationwidechildrens.org

Community Resources Listing

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

Information and Referral:

HandsOn: 614-221-2555 or 211

Somali Services

SomaliCAN 614-781-1414

Somali Women & Children’s Alliance:
614-473-9999

Somali American Chamber of Commerce:
614-404-5845

Community Care & Youth Development:
614-218-6575

Somali Global Services 614-895-1144

Inna Simakovsky (Immigration Attorney)
614-599-0819

Housing:

CMHA: 614-421-6000

SOMALICAN SERVICES:

Health Communication and Literacy:

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

SomaliCAN Outreach Newsletter:

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

Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

Community Crime Prevention & Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Presentations
- Mediation
- Disaster Preparedness

SomaliCAN

700 Morse Road, 101, Columbus, OH
43214. Phone. (614)781-1414

Fax: (614) 448-4395

E-mail: info@somalican.org

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SomaliCAN is co-sponsoring the first annual Somali graduation ceremony for high school and college students in Ohio. The graduation ceremony will be held at the Hilton Hotel on Saturday, July 10, 2010 at 5:00pm. Contact us at 614-781-1414 for enrollment.

SomaliCAN waxay qabanqaabineysaa xaflad qalin jebin ah oo loo qaban doono ardayda Soomaaliyeed ee ka baxaya dugsiyada sare iyo jaamacadaha Ohio. Xafladda waxa lagu qaban doonaa Hilton Hotel oo ku yaalla Easton-ka. Si aad isu diiwaan gelisid, fadlan wac 614-781-1414.

The Editorial Team:

Jibril Hirsi Mary Wright
Deeqo Khalif Adam O’Hirsi
outreach@somalican.org

THE 1ST ANNUAL OHIO SOMALI GRADUATION CEREMONY

Class of 2010

Celebrating academic achievement and educational excellence of Ohio Somali-American Students

Saturday, July 10th, 2010
5:00pm to 9:00pm
The Hilton at Easton
3900 Chagrin Drive, Columbus, Ohio 43219

RSVP Phone: (614) 781-1414 Fax: (614) 448-4395 E-mail: graduation@somalican.org

Somali Education Association- SOHIEA • Somali Community Access Network- SomaliCAN • Department of African American and African Studies
Somali Language Program, The Ohio State University

Somalican

APRIL IN PICTURES



Jibril Hirsi makes a cultural presentation at the Delaware Career Center for graduating police class.



Jibril Hirsi speaks at the Somali Youth Summit on April 3, 2010 at the Embassy Suites Hotel.



The 2010 Somali Youth Summit on crime prevention, sponsored by SomaliCAN.



Somali Youth at the SomaliCAN Health Fair on April 2.