

**A monthly publication of the Somali Community Access Network (SomaliCAN)**

### In this Edition!

May is National Mental Health Awareness Month.....	2-4
Events: .....	5
Community Resources: .....	6
Funding Opportunity for Youth: .....	7
New Membership: Ohio Developmental Disabilities Council: .....	8

### Qormooyinka!

Maajo waa Bisha ka Warqabka Caafimaadka Dhimirka: .....	2-4
Munaasabadaha: .....	5
Adeegyada Jaaliyadda: .....	6
Fursadda Maalgelin Dhallinyarada: .....	7
Xubinnimo Hor Leh: Ohio Developmental Disabilities Council: .....	8

## Award Nominations:

The Ohio Governor's Council on People with Disabilities is accepting nominations for Advocacy Award and Employer of the Year & Best Practice Awards. The deadline for nominations is **May 27, 2011**. Please visit [www.ddc.ohio.gov](http://www.ddc.ohio.gov) for more information and application materials.

## Musharrax Abaalmarin

Guddiga Barasaabka Ohio ee Dadka Qaba Curyaannimada ayaa aqbalaya musharraxiin Abaalmarinta U Ololeynta iyo Loo Shaqeeyaha Sannadka & Hab Dhaqanka u Wanaagsan. Xilliga kama dambaysta ah ee is sharrixiddu waa Maajo 27, 2011. Fadlan booqo bogga ODDC oo ah [www.ddc.ohio.gov](http://www.ddc.ohio.gov) si aad u hesho xog dheeri ah ama warqadaha codsiga.

## MAY IS MENTAL HEALTH AWARENESS MONTH

May is National Mental Health Awareness Month, a time when mental health organizations across the nation, band together to promote awareness of the importance of maintaining good mental health. This year's theme is focused on helping helping the 1 in 4 American adults in our lives who are living with a diagnosable, treatable mental health condition.

As a part of Mental Health Awareness Month, Children's Mental Health Awareness Day is celebrated on May 3<sup>rd</sup>. Children's Mental Health Awareness Day promotes positive youth development, resiliency, and recovery, along with the transformation of mental health service delivery for youth, adolescents, and their families. This year's theme is: Building resilience for young children dealing with trauma.

[Mental health](#) remains a top public concern, often misunderstood and difficult to diagnose. However, since 1949 May has been officially recognized as Mental Health Month. That's more than 60 years of helping people better understand mental illness, how to take care of their own mental health and act as caregivers for others, and busting mental health stigma.

The focus for this year's awareness campaign is the mental health of young people and an essential component of maintaining and protecting mental health and wellness: social connectedness.

Mental disorders are common in the United States and internationally. An estimated 22.1% of Americans ages 18 and older, about 1 in 5 adults, suffer from a diagnosable mental disorder in a given year.<sup>1</sup> Mental disorders can also affect children. According to the National Mental Health Association (NMHA), mental health problems affect one in five young people as well.

Recognizing the signs of mental illness is important. Feelings of sadness, [anxiety](#), worry, or sleep problems are not uncommon.

Continued on page 3.

## MAAJO WAA BISHA KA WARQABKA CAAFIMAADKA

Maajo waa bisha dalka ee ka warhaynta caafimaadka dhimirka, xilli ay ururrada caafimaadka dhimirka ee dalku isku duubmaan si ay u sare mariyaan kawarqabka iyo ahmiyadda joogteynta wanaagga caafimaadka dhimirka. Sannadkan halhaysku wuxuu ku saabsan yahay caawinta 1 ka mid ah 4 dadka waaweyn ee Maraykanka oo qaba xaalad la aqoon karo, la daweyn karo oo caafimaadka dhimirka ah.

Waxa qayb ka ah bisha ka warhaynta caafimaadka dhimirka, Maalinta Kawarhaynta Caafimaadka Dhimirka ee Carruurta oo loo dabbaal dego Maajo 3. Maalinta Kawarhaynta Caafimaadka Dhimirka ee Carruurta waxay sare u qaaddaa korriinka wanaagsan ee da'yarta, adkeysiga, iyo kabashada iyo weliba dibu habaynta habka adeegga ee caafimaadka dhimirka dhallinyarada, carruurta iyo qoysaskooda. Sannadkan halhaysku waa: Dhisidda adkaysiga dhallinyarada qaba jurga.

Caafimaadka dhimirku waa arrin welwel badan ku haysa dadweynaha, oo badanaaba si khladan loo fahmo oo in la garto ay adagtahay. Laakiin, illaa 1949kii, Maajo waxa loo aqoonsaday Bisha Caafimaadka Dhimirka. Taasi waa in ka badan 60 sano oo lagu caawinayey dadku inay si wacan u fahmaan caafimaadka dhimirka, sidii ay isu daryeeli lahaayeen naftooda iyo dadka kale ee caafimaadka dhimirka qababa.

Ololaha ka warhaynta waxay diiraddu sannadkan u saaran tahay caafimaadka dhimirka ee dadka yaryar iyo arrin qayb asaasi ah ka ah caafimaad dhimir oo san: ku xirnaanta bulshada.

Cudurrada maskaxdu way ku badan yihiin Maraykanka iyo caalamka intiisa kale. Waxa lagu qiyaasaa 22.1% oo dadka Maraykanka ee da'doodu 18 ka weyntahay, qiyaastii 5tii qofba 1 qof oo weyn, ayaa qaba xanuun maskaxeed la yaqaan sannadkiiba. Cudurrada maskaxdu waxay kaloo ku dhici karaan dhallaanka. Sida uu sheegay ururka National Mental Health Association, dhibaatooyinka maskaxdu waxay iyagana ku dhacaan shantii carruur ahba mid. Eeg bogga 3.

However, when these feelings get very intense, last for long periods of time, or begin to interfere with school, friendships and other relationships, it may be a sign of a mental illness. [Depression](#), attention-deficit/hyperactivity disorder, and anxiety, conduct, and eating disorders are all types of diagnosable mental disorders found in children. Although mental disorders in children are appearing more often, great advances have been made in the areas of diagnosis and treatment of mental disorders.

This year there are two major conversational campaigns according to Mental Health America's website. First, "Do More for 1 in 4" is a call to action to help the 1 in 4 American adults who live with a diagnosable, treatable mental health condition and the fact that they can go on to live full and productive lives.

The second theme, "Live Well! It's Essential for Your Potential," focuses on the importance of mental wellness and the steps everyone can take to improve their well-being and resiliency in the face of difficult times and challenges. Mental Health America's Live Your Life Well program offers ten science-based tools to manage [stress](#) and help you relax, grow and flourish.

In addition, what are the key signs of depression? Here are the top items and if you experience five or more of these symptoms for two weeks or longer, you may have depression. See a doctor or mental health professional for help right away. It's also important to connect to the people in your life who care about you and can give you support.

- Persistent sad, anxious or "empty" mood
- Difficulty falling asleep, staying asleep or sleeping more than usual
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in once-enjoyable activities
- Restlessness, irritability

Continued on Page 4.

Garashada astaamaha xanuunka dhimirku waa muhiim. Dareen murugo, naxdin, welwel, ama dhibaatooyin hurdada ah ma yara. Laakiin, markii dareenkani uu gaaro xaalad sare, raago muddo dheer, ama bilaabo hallaynta dugsiga, asxaabta, ama xiriirka kale, waa astaan xanuun dhimirka ah. Qulubka, ADHD-ga, iyo kurbada, cudurrada anshaxa iyo cuntada dhammaantood waa cudurro la dabiibi karo oo laga helo carruurta. In kastoo cudurrada maskaxda ee carruurta ay soo muuqdaan in badan, horumar badan ayaa laga sameeyey dhinacyada garashada iyo daweynta cudurrada dhimirka.

Sannadkan halhaysku wuxuu ku saabsan yahay caawinta 1 ka mid ah 4 dadka waaweyn ee Maraykanka oo qaba xaalad la aqoon karo, la daweyn karo oo caafimaadka dhimirka ah ee la daweyn karo iyo xaqiiqda ah in ay si buuxda oo waxtar leh u noolaan karaan.

Halhayska labaad, "Wanaag u Noolow! Waa Asaaska Aayahaaga," wuxuu ku wajahanyahay ahmiyadda caafimaadka maskaxda iyo tillaabooyinka qof walba qaadi karo si loo wanaajiyo ladnaanta iyo adkaysiga tiyoo ay jiraan dhibaatooyin iyo xujooyin.

Intaa waxa dheer, waa maxay astaamaha muhimka ah ee qulubku? Waa kuwan kuwa u sarreeya oo haddii aad isku aragto shan astaamood ama ka badan labo toddobaad ama ka badan, laga yaabo inuu ku hayo qulub. Raaso dhakhtar ama khabiir dhanka caafimaadka dhimirka ah si lagu caawiyo durba. Waa muhiim in aad ku xirnaato dad kugu taxalluqa oo ku daneynaya kuna taageeri kara.

- Dareen murugo, naxdin, and marnaan ah oo joogto ah.
- Hurdo adkaata, yaraata, and ka badata intii caadiga ahayd.
- Cuntada oo yaraata iyo caatow ama cuntada oo badata iyo cayil.
- Ka xiiso dhigid arrimihii aad ku raaxaysan jirtay.
- Sal fudeyd, xanaaq dhow.

[Eeg bogga 4.](#)

## Mental Health Month

From: Page 3.

## Bisha Dhimirka

Ka Bogga 3.

- Difficulty concentrating at work or at school or difficulty remembering things or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless.
- Thoughts of suicide or death

Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood.

Sources: U.S. Department of Health and Human Services

- In ay adkaato isku shuqlidda shaqada ama dugsiga ama xusuusta oo xumaata ama go'aan qaadasho xumo.
- Daal iyo tabar darro.
- Dareen dembiilenimo, rajo la'aan, ama qiimo la'aan.
- Ka fekerka is dil ama geeri.

Caafimaadka dhimirku waa sida aan u fekerno, dareenno, oo u dhaqanno si aan nolosha ula jaan qaado. Wuxuu kaloo tilmaamaa sida aan uga baxno qulubka, ula xaalno dadka kale, oo wax u kala doorano. Sida caafimaadka jirka, caafimaadka dhimirku waa u muhiim marxalad walba oo nolosha ah min carruurnimo iyo kuraynimo illaa qaangaar.

Xigasho: U.S. Department of Health and Human Services.

The SomaliCAN Outreach Newsletter is a monthly bilingual publication that serves the Somali community and agencies that provide services. The newsletter is supported by the Ohio Developmental Disabilities Council. To advertise on the newsletter, or send us an article for inclusion, please contact us:

**SomaliCAN**

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## Events and Announcements

### Munaasabado iyo Ogeysiis

**The Second Annual Somali Graduation:**  
SomaliCAN is excited to announce the Second Annual Ohio Somali Graduation ceremony for high school and college graduates.

Date: June 24, 2011

Time: 6pm-10pm

Location: Hilton Columbus at Easton

Keynote Speaker: Dr. Abdinur Mohamud, Somali Minister for Education

Honorees: 2011 Graduates.

Invited Guests: Parents, Somali Intellectuals, School District Superintendents, Principals, , Leaders of local Universities, Government Officials, and Community Members.

Recognition. Scholarships. Dinner. Fun!

To enroll, call 614-489-9226 or e-mail [graduate@somalican.org](mailto:graduate@somalican.org).

**Xafladda Labaad ee Qalijebinta Sannadlaha:**  
SomaliCAN waxa farxad u ah in ay ku dhawaaqdo xafladda sannadlaha ah ee qalinjebinta Ohio ee ardayda dugsiyada sare iyo jaamacadaha.

Taariikhda: Juunyo 24, 2011

Saacad: 6pm-10pm

Goobta: Hilton Columbus at Easton

Khudbadda Dulucda: Dr. Abdinur Mohamud, Wasiirka Waxbarashada Soomaaliya.

Sharfid: Qalinjebiyayaasha 2011.

Marti Sharaf: Waaliddiin, Aqoonyahanka Soomaalida, Madaxda Dugsiyada, Madaxda Jaamacadaha degaanka, Madaxda dowladda, iyo xubnaha jaaliyadda.

Sharaf. Deeq Waxbarasho. Casho. Madadaalo.

Si aad isu diiwaan geliso, wac 614-489-9226 ama u dir e-mail [graduate@somalican.org](mailto:graduate@somalican.org).

### Susan G. Komen Foundation:

#### 2011 Columbus Race for the Cure

**The 19th Annual Susan G. Komen Columbus Race for the Cure is May 14, 2011!**

Registration is now open. Need help getting started? Select one of our step-by-step registration guides below:

Consider going the EXTRA MILE in the fight against breast cancer by forming a team or fundraising. Download our [Extra Mile Packet](#) to get started.

If you have any questions about online registration, please call 1-866-333-0004. For all other Race for the Cure questions, call 614-297-8155 ext. 208 or email [race@komencolumbus.org](mailto:race@komencolumbus.org) or visit [www.komencolumbus.org](http://www.komencolumbus.org).

### Susan G. Komen Foundation:

#### Cagatanka Columbus ee 2011 ee Daweynta

**Cagatankii Daweynta ee Sanadlaha ahaa ee 19aad ee Susan G. Komen waa Maajo 14, 2011!**

Is diiwaangelintu hadda way furan tahay. Caawin ma ka rabtaa in aad billowdo? Doorro mid ka mid ah tilmaamaha qeexan ee is diiwaangelinta ee hoos ku qoran:

Tixgeli in aad qaaddid **TALLAABO DHEERAAD AH** oo ku saabsan la dagaallanka kansarka naasaha adigoo abuuraya koox ama xoolo ururin. Degso [Extra Mile Packet](#) keenna si aad u billowdo.

Haddii aad su'aalo ka qabtid is diiwaangelinta interneetka, fadlan wac 1-866-333-0004. Dhamaan su'aalaha kale eek u saabsan Cagatanka Daweynta, wac 614-297-8155 ext. 208 ama email u dir [race@komencolumbus.org](mailto:race@komencolumbus.org) ama booqo [www.komencolumbus.org](http://www.komencolumbus.org).



## The Best Injury lawyer in Town

Do you need an attorney for an accident, injury, or any other reason?

Contact: **Russell N. Flickinger** today. Somali language assistance is available.

4200 Regent St Ste 200a  
Columbus, OH 43219 (Easton).

614-454-3185  
877-261-1783

## Central Ohio Community

### 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 614-781-1414  
Somali Women & Children's Alliance: 614-473-9999  
Somali Community Association of Ohio: 614-262-4068  
Somali Global Services 614-895-1144  
Inna Simakovsky (Immigration Attorney) 614-599-0819

## SOMALICAN SERVICES:

### Health Communication and Literacy:

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

### 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 Outreach Newsletter:

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

### Somali Interpretation & Translation:

Do you require highly qualified interpreters and translators?

Please contact a SomaliCAN specialist today Somali interpretation and translation in social services, medical, legal, academic and financial settings.

**SomaliCAN**  
700 Morse Road, 101  
Columbus, OH 43214  
Phone. (614)781-1414  
Fax: (614) 448-4395  
E-mail:  
info@somalican.org

To advertise a product or service, contact us today:  
[info@somalican.org](mailto:info@somalican.org).

## **Funding Opportunity**

### **Anti-Violence Programs for Youth Funded**

A Brighter Future for Children and Youth, an initiative of the United Methodist Church, supports nonprofit organizations nationwide that address the needs of children and young people age 5 to 18 in the areas of violence prevention, anti-abuse, and relationship abuse. Grants of up to \$4,000 are provided to small-scale, community, and church-based programs. Priority is given to programs that have significant involvement of women and youth at the grassroots level.

#### **Overview**

The Women's Division offers grants of up to \$4,000 for projects and programs addressing the needs of children and young people between the ages of 5 to 18 in the areas of violence prevention, anti-abuse and relationship abuse.

#### **Priority Criteria**

Preference will be given to projects that:

- Have significant involvement of women and youth at the grass-roots level.
- Demonstrate the ability to raise additional funds from other sources.
- Provide direct and comprehensive services to young people.
- Promote respect for and appreciation of racial and ethnic diversity.
- Cultivate spiritual lives and values.

#### **Guidelines for Submission of Application**

- Completed applications should be directed to: Marva D. Usher-Kerr, Executive Secretary for Membership, Women's Division/General Board of Global Ministries, The United Methodist Church, 475 Riverside Drive, Room 1501, New York, NY 10115, USA. (If you are currently related to an additional General Board of Global Ministries office, please make sure to CC them on the application.)
- Applications are due on or before **July 1, 2011**. Applications will be screened by a Women's Division committee, and recipients will be approved by the Women's Division Board of Directors.
- Provide **all** information requested. Do not refer to attached material (e.g., do not answer a question with "see page 45 of our Annual Report"). Please do not use acronyms or abbreviations.
- Type the application. If you absolutely have no typewriter or computer available, then **print** as clearly as possible. Handwritten applications are often difficult to read and may be misinterpreted. Applications must be of a quality to provide legible photocopies.
- Funding proposals in Spanish are accepted.

#### **Notification**

- Women's Division directors will approve grants in October 2011. Groups will be notified of acceptance or rejection in early December 2011. Funds will be distributed as soon as possible as the appropriate documents are received from the grantees.

## ODDC Seeks New Members | Golaha DD oo Raadinaya Xubno

- ODD Council Seeks Applicants for Membership

### Applications due by May 31, 2011.

The Ohio Developmental Disabilities Council (ODDC) is currently seeking applicants for membership terms beginning in October 2011. Council membership must comply with categories listed in the federal DD Act. Openings this year will be for the following categories:

One (1) individual with a developmental disability

One (1) immediate relative or guardian of an adult with a mentally impairing developmental disability who cannot advocate for himself/herself.

All candidates for DD Council membership should have experience serving on committees, boards, or organizations. Such experience concerned with persons with developmental disabilities would be especially relevant. Applicants should have first-hand knowledge about developmental disabilities in Ohio .

It is very important that applicants have time to attend six meetings per year and serve on at least two committees. Each meeting of Council occurs over a two-day period.

Application packets are available from the ODDC office or you may download the application from the forms indicated below. Forms must be completed and returned to the office by May 31, 2011. Applications may be requested:

- By mail: ODDC, 899 East Broad Street, Suite 203 , Columbus , Ohio 43205
- By phone: (614) 466-5205 or toll-free (800) 766-7426. If you are leaving a message, please spell out your name, and give your address including zip code, and phone number
- By email contact: [Carla.Sykes@dodd.ohio.gov](mailto:Carla.Sykes@dodd.ohio.gov)

- Golaha DD Council oo Raadinaya Araaji Xubinnimo

Araajida waxaa la rabaa **Maajo 31, 2011**

Golaha Naafannimada Koritaaneed ee Ohio (ODDC) waxay iminka raadinaysaa arji qortayaal raba muddada xubinnimo ee billaabanaysa Oktoobbar 2011. Xubnaha golaha waa in ay buuxin karaan shuruudaha ku taxan Sharciga federaaliga ah ee DD. Fursadaha furan ee sanadskani waxay kala yihiin:

Hal (1) shaqsi oo qaba naafannimada koritaaneed

Hal (1) qaraabo dhaw ama weli qof qaangaar ah oo qaba naafannimo koritaaneed oo maskaxdana wax u dhintay oo aan isagu danihiisa/eeda u doonan karaynin.

Dhamaan tartamayaasha xubinnimada Golaha DD waa in ay khibrad u leeyihiin ka shaqaynta guddiyada, golayaasha, ama ururrada. Khibradaha ku saabsan dadka qaba naafannimada koritaaneed si gaar aha ayay muhiimad u leedahay. Arji qortayaashu waa in ay aqoon u kuurgal dhaw leh u leeyihiin naafannimada koritaaneed ee Ohio .

Waxaa aad u muhim ah in arji qortayaashu ay hayaan waqti ay ku xaadiraan lix shir sanadkii oo ayna ku jiri karaan ugu yaraan labo guddi. Sir kasta oo Golaha uhu wuxuu dhacaa in ka badan waqti labo beri ah.

Arjiga oo dhan waxaa laga heli karaa xafiiska ODDC waxaanad kala degi kartaa foomkaas calaamadaha hos ka muuqda. Foomamka waa in la buuxshaa oo xafiiska lagu soo ceshaa Maajo 31, 2011. Arjiyada waxaa lagu codsan karaa:

- Boostada: ODDC, 899 East Broad Street, Suite 203 , Columbus , Ohio 43205
- Telefoon: (614) 466-5205 ama khad-bilaash (800) 766-7426. Haddaad farriin dhaafaysid, fadlan higgadi magacaaga, bixina cinwaankaaga oo ku jiro sib koodhka iyo lambarka tilfoonka
- Email kula xiriir: [Carla.Sykes@dodd.ohio.gov](mailto:Carla.Sykes@dodd.ohio.gov)