

Tarbiya Institute

- Faith-based cultural center in Sacramento founded in 2015
- Deliver programs that address holistic personal development, such as spiritual counseling for individuals, monthly mental health support groups for women, and resource fairs with partner community based organizations
- Chaplaincy program serves the community's mental and spiritual care needs following the prophetic tradition by nurturing hearts and restoring spiritual wellness
- Nizami is our largest program, serving 180 teens and adults weekly. The program matches clients with mentors and creates a support network for the clients and their families



Our Sacramento Community

- Currently, Tarbiya serves around 2,500 families throughout Sacramento County
- The community consists of many first and second generation Americans, in addition to a growing number of refugees.
- In the past several years, we have identified a major need in our community for breaking the stigma around mental health.
- Due to this stigma, we have had to cater our mental health initiatives in a more palatable way, talking about mental health and sharing resources in less obvious ways,



Resources for the Community

- Chaplaincy department provides the community with support and resources regarding their spiritual and mental health
 - 1-1 meetings with chaplains
 - 1-1 meetings with the spiritual leaders
 - contact with those dealing with grief
 - contact with those in prisons (penpal system)
 - working with local licensed therapists to provide counseling
- Nizami Order
 - provides mentorship for youth and adults through 1-1 with mentors as well as weekly meetings
 - works with MAS-SSF to provide more advanced counseling and services

3



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Pandemic Challenges

- In March last year, we had to close our doors indefinitely, forcing us to convert our existing plans and programming to virtual events.
- We still managed to hold many of the events we had planned to get our mental health initiative started.
 - *Parent-Teen Communication Workshop*
 - *Mental Health First Aid training for our lead community volunteers*
 - *Initiate weekly small group discussions on Mental Health awareness*
- We moved many of our regular services to our online platforms.
- Over time, we noticed that virtual events did not truly foster the ability to have open and healthy conversations with participants about mental health.
- “Zoom Fatigue” started taking hold; attendance dwindled

4



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Overcoming Challenges

- As public health recommendations shifted, we did our best to create opportunities for smaller groups to meet in-person, safely. We invested in sanitizing equipment and supplies, as well as equipment to manage hosting events outdoors in all types of weather
- We also created programs and events to be provided held in a hybrid of in-person and virtual
 - Wellness Webinars
 - Weekly youth meetings
 - Monthly women's meetings
 - Virtual/In-person 1-1 meetings with chaplains/Imams/mentors
 - COVID-19 Vaccination Site Support
 - Monthly women's walking group
 - Online Women's Conference on Navigating Mental Health
 - Mental Health Trainings for Staff & Volunteers

5



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Community Engagement & Feedback

- In the last year alone, we have managed to serve over 1,500- 2,000 people with the help of the grant. This includes the most of the different demographics.
- For many of our events, we ask attendees to provide feedback on the content as well as suggestions for catering to their needs
- Our offices are constantly receiving feedback from community members regarding our services and programs
- Much of the feedback shows that we are slowly shifting the communities view on mental health as well as seeking help from professionals

6



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Program Sustainability

- With the help of the grant, Tarbiya has been able to initiate many services and host multiple programs related to mental health.
- Tarbiya is utilizing the grant to train our own staff, mentors, and chaplains in mental health related topics in order to prepare them to be our first responders in the community.
- Tarbiya is also working with MAS-SSF and other local Muslim therapists to create bridges for our community to seek counseling.
- We hope to be able to prepare and train more of our community members to understand the importance of mental health education and to then identify and appropriately respond to mental health needs found within the community
- We look to secure other grants as well as this one again next year to help continue to fund our efforts

7



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Looking forward

- We are still working on providing more services that are novel to the community with topics such as:
 - Early Prevention workshops on Anxiety and Depression
 - Second Mental Health First Aid workshop
 - Staying grounded while stressed.
 - Disenfranchised grief and mental health
 - Generational Trauma
 - Processing emotions
 - Couples workshop(s)
 - Men and toxic positivity

8



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Thank you!

9



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